

Keewadin Treadmill

※TABLE OF CONTENTS

1. PRECAUTIONS	P2
2. POWER REQUIRMENTS	P3
3. BEFORE YOU BEGIN	P4
4. SUPPLIED COMPONENTS / SUPPLIED HARDWARE	P5~P6
5. PARTS LIST	P7~P10
6. ASSEMBLY INSTRUCTIONS	P11~P17
7. EXPLODED DIAGRAM	P18~P23
8. STABILIZER ADJUSTMENT	P25
9. FOLDING INSTRUCTIONS / UNFOLDING INSTRUCTIONS	P26~P27
10. TRANSPORT INSTRUCTIONS	P28
11. MAINTAINENCE	P29~P30
12. IMPORTANT STEPS	P31
13. MUSCLE CHART	P32
14. STRETCHING ROUTINE	P33
15. TROUBLESHOOTING	P34
16. WARRANTY	P35~P36
17. COMPUTER OPERATION	P37~P45

Yowza Technical Support: 877-969-9240

Serial Number: _____

Original Sales Order # _____

Purchase Date: _____

PRECAUTIONS

Precautions:

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.
- Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- When choosing a location for the treadmill be sure that the location and position permit access to a plug.
- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than **350LBS**.
- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.
- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Never insert any object or body parts into any opening.
- Follow the safety information in regards to plugging in your treadmill.
- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
- Never leave the treadmill unattended while it is running.
- Use "safety key" when operating the treadmill and make sure the "safety key" is clipped to the users clothing.
- The cell phone signal might interfere treadmill functions, keep the cell phone away from the motor hood.

Remove the "safety key" and store it in a safe place when the treadmill is not in use. Keep the "safety key" away from children.

POWER REQUIREMENTS

Power Requirements:

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDING. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

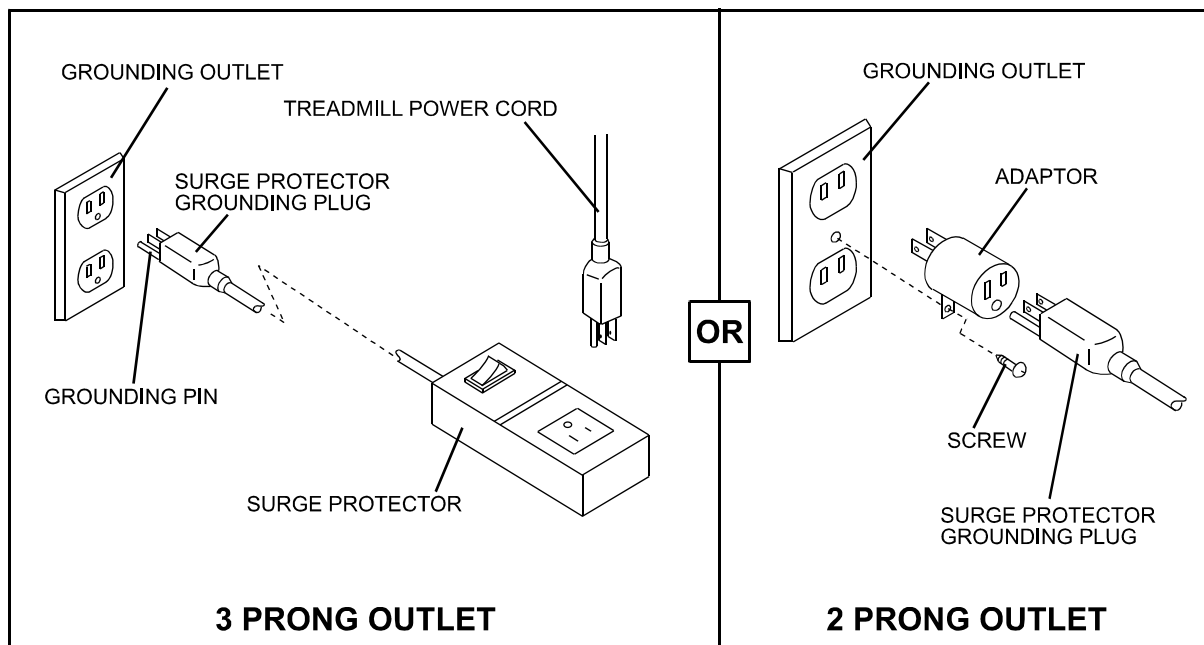
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.

GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.



BEFORE YOU BEGIN

Open the boxes:

Open the boxes of your new equipment. Inventory all parts included in the boxes, and compare them to the Supplied Components and Supplied Hardware lists on pages 5-6 for a full count of the parts included. If you are missing any parts or have any questions contact us directly.

Gather your tools:

Before you begin, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 350LBS (Approx. 160 Kgs). It is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

Care and maintenance:

The safety level can be maintained only if it is examined for damage and wear.

Replace any defective components immediately and stop all use of the equipment until repaired.

Always take care when mounting the equipment. Straddle the equipment by placing your feet on the straddle rails. Dismount from the equipment only after all parts have stopped.

Always check the wear and tear components like pulley, belts, etc....To prevent injury.

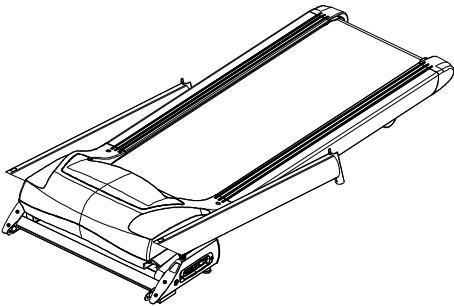
There is an emergency stop, in the form of a SAFETY KEY, to prevent injury; you can stop the treadmill immediately by actuating the emergency stop for emergency dismount.

SUPPLIED COMPONENTS

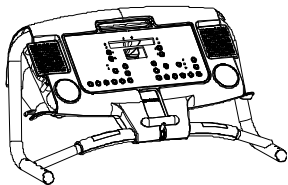
This list identifies the major components you will use to assemble this product.

No.	Description	Qty.
A1	Main Frame Assembly	1
A2	Console Assembly	1
701	Upright Cover – LL	1
702	Upright Cover – LR	1
703	Upright Cover – RR	1
704	Upright Cover – RL	1
705	Upright Side Cover – Left	1
706	Upright Side Cover – Right	1
707	Wheel 65x25mm	2
708	Left Handlebar	1
709	Right Handlebar	1
710	Upright Lower Cap	2
E	Power Cord	1

A1



A2



701



702



703



704



705



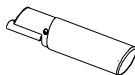
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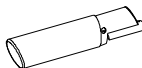
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709



710



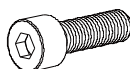
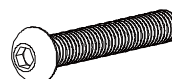
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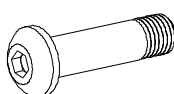


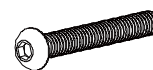
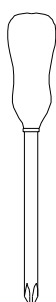
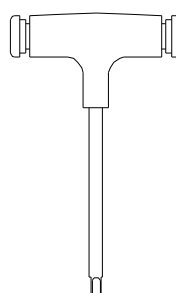
SUPPLIED HARDWARE

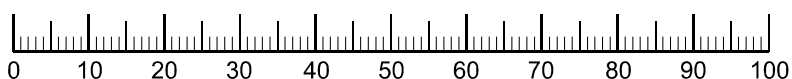
This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
601	M8x25mm Allen Head CAP Bolt	2
602	M8x50mm Allen Head Bolt	4
604	4x15mm Screw	14
605	M10x45mm Bolt	2
606	10x22x2mm Spring Washer	2
608	M6x45mm Bolt	2
A	Screwdriver	1
C	6mm Allen Key	1
D	5mm Allen Key	1
F	4mm Allen Key	1

601

602

604

605

606

608

A

C

D

F

MILLIMETERS

PARTS LIST

Item No.	Description	Qty.	Part No.
KEEWADIN-100			
101	Base Frame	1	KEEWADIN-101
102	Console Support Tube	1	KEEWADIN-102
103	Elevation Support Tube	1	KEEWADIN-103
104	Deck Frame	1	KEEWADIN-104
105	Left Upright	1	KEEWADIN-105
106	Right Upright	1	KEEWADIN-106
107	Shock Locker Tube	1	KEEWADIN-107
108	Left Handlebar	1	KEEWADIN-108
109	Right Handlebar	1	KEEWADIN-109
KEEWADIN-200			
201	Motor Holder	1	KEEWADIN-201
202	Elevation Gear Sleeve	1	KEEWADIN-202
203	Elevation Gear Sleeve Holder	1	KEEWADIN-203
204	Power Switch Plate	1	KEEWADIN-204
205	Front Roller	1	KEEWADIN-205
206	Rear Roller	1	KEEWADIN-206
207	Running Deck Support Tube	3	KEEWADIN-207
208	Running Deck Support Tube Foam Grip	3	KEEWADIN-208
210	Shock	1	KEEWADIN-210
211	Plastic Clamp Bracket	2	KEEWADIN-211
212	Oilless bushing	4	KEEWADIN-212
213	Torsion Spring	1	KEEWADIN-213
214	Compression spring	1	KEEWADIN-214
215	Wheel Bracket	1	KEEWADIN-215
216	Fold Locker	1	KEEWADIN-216
217	Running Belt	1	KEEWADIN-217
218	Overlay	1	KEEWADIN-218
219	Running Deck	1	KEEWADIN-219
220	Wheel Pedal	1	KEEWADIN-220
221	Base Frame Holder	2	KEEWADIN-221
KEEWADIN-300			
301	Rectangular Cushion 101x34x19.25	1	KEEWADIN-301
302	Rectangular Cushion 101x25x19.4	2	KEEWADIN-302
303	Fixed Block	10	KEEWADIN-303
304	Deck Rubber Cushion	2	KEEWADIN-304
305	Cushion Pad	4	KEEWADIN-305
306	PU cushion	1	KEEWADIN-306
307	Wheel Bushing 26x12x10mm	4	KEEWADIN-307
308	Wheel OD: 100x25mm	2	KEEWADIN-308
309	Wheel Bracket Pivot	1	KEEWADIN-309
310	Plastic Clamp – Top	2	KEEWADIN-310
311	Plastic Clamp - Bottom	2	KEEWADIN-311
312	Deck Frame Side Cover – Left	1	KEEWADIN-312
313	Deck Frame Side Cover – Right	1	KEEWADIN-313
314	Console Housing – Top	1	KEEWADIN-314
315	Console Housing – Bottom	1	KEEWADIN-315
316	Wheel OD: 65x25mm	2	KEEWADIN-316

PARTS LIST

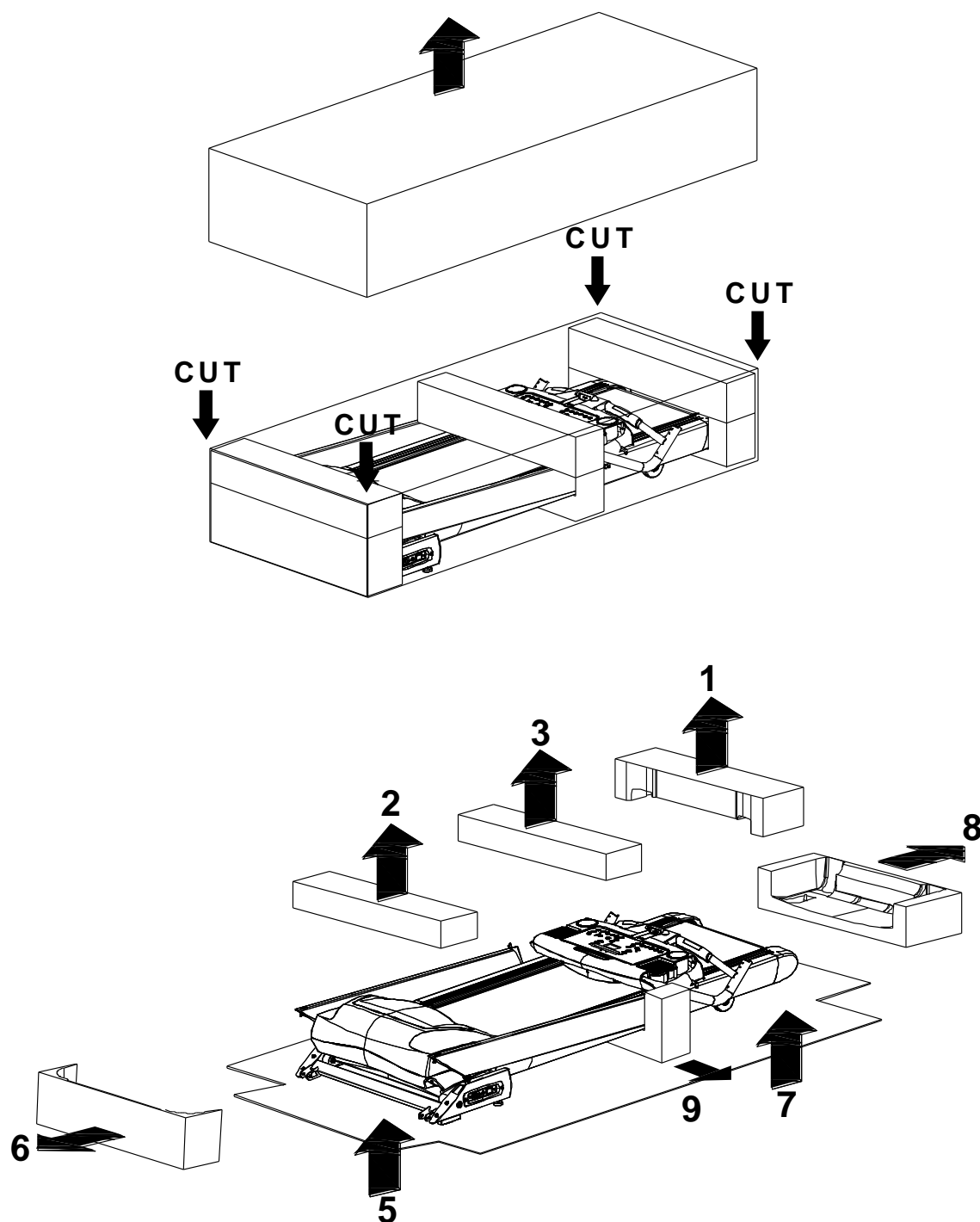
Item No.	Description	Qty.	Part No.
317	Console PC board	1	KEEWADIN-317
318	Speaker Cover – Left	1	KEEWADIN-318
319	Speaker Cover – Right	1	KEEWADIN-319
320	Side Rail End Cap – Left	1	KEEWADIN-320
321	Side Rail End Cap – Right	1	KEEWADIN-321
322	Elevation Support Tube Cover – Left	1	KEEWADIN-322
323	Elevation Support Tube Cover – Right	1	KEEWADIN-323
325	Vent Cover	1	KEEWADIN-325
326	Motor Belly Pan	1	KEEWADIN-326
327	Motor Hood	1	KEEWADIN-327
328	Base Frame End Cap	2	KEEWADIN-328
329	Elevation Support Tube Cap	2	KEEWADIN-329
332	Side Rail	2	KEEWADIN-332
333	Level Adjuster	2	KEEWADIN-333
334	Driving Belt	1	KEEWADIN-334
335	Wheel Bushing 22x19x12mm	4	KEEWADIN-335
336	Running Deck Belly Pan	1	KEEWADIN-336
337	Power Plate Cover	1	KEEWADIN-337
338	Wheel 50x22mm	1	KEEWADIN-338
339	Shock Bushing	1	KEEWADIN-339
340	Fan Bracket – Top	1	KEEWADIN-340
341	Fan Bracket – Bottom	1	KEEWADIN-341
342	Adjustable Vane	1	KEEWADIN-342
343	iPod Dock Bracket Cover – Top	1	KEEWADIN-343
344	iPod Dock Bracket Cover – Bottom	1	KEEWADIN-344
345	Pad	1	KEEWADIN-345
KEEWADIN-400			
401	Hand Pulse Upper Cover – Left	1	KEEWADIN-401
402	Hand Pulse Bottom Cover – Left	1	KEEWADIN-402
403	Driving Motor	1	KEEWADIN-403
404	Power Breaker	1	KEEWADIN-404
405	Power Socket	1	KEEWADIN-405
406	Power Switch	1	KEEWADIN-406
407	Fan	1	KEEWADIN-407
408	Elevation Motor	1	KEEWADIN-408
409	Transformer	1	KEEWADIN-409
410	3/8" Cable Tie	1	KEEWADIN-410
411	5/16" Cable Tie	1	KEEWADIN-411
412	iPod Dock	1	KEEWADIN-412
413	8pin Computer Wire - Upper	1	KEEWADIN-413
414	8pin Computer Wire - Lower	1	KEEWADIN-414
415	Safety Key Wire – Upper	1	KEEWADIN-415
416	Safety Key Wire – Lower	1	KEEWADIN-416
417	Connection Wire	1	KEEWADIN-417
418	3C Power Wire	1	KEEWADIN-418
419	3C Power Connection Wire	2	KEEWADIN-419
420	Power Connection Wire	3	KEEWADIN-420
421	Safety Key Connection Wire – Black	1	KEEWADIN-421

PARTS

Item No.	Description	Qty.	Part No.
422	Safety Key Connection Wire - Red	1	KEEWADIN-422
423	Ground Wire	1	KEEWADIN-423
424	Hand Pulse Sensor Wire	2	KEEWADIN-424
425	1P Ground Wire	1	KEEWADIN-425
426	Speaker	2	KEEWADIN-426
428	Safety Key Base	1	KEEWADIN-428
429	Control Board	1	KEEWADIN-429
430	Elevation Board	1	KEEWADIN-430
431	Circuit Board Mounting Spacer	6	KEEWADIN-431
432	Hand Pulse Upper Cover – Right	1	KEEWADIN-432
433	Hand Pulse Bottom Cover – Right	1	KEEWADIN-433
434	Computer PC Board	1	KEEWADIN-434
435	Button PC Board	1	KEEWADIN-435
436	Receiver	1	KEEWADIN-436
437	Receiver Wire	1	KEEWADIN-437
438	Digital Acoustics PC Board	1	KEEWADIN-438
439	Amplifier PC Board	1	KEEWADIN-439
440	Amplifier power connection 2pin wire	1	KEEWADIN-440
441	Amplifier volume control 3pin wire	1	KEEWADIN-441
442	iPod dock connection 6pins wire	1	KEEWADIN-442
KEEWADIN-500			
501	M10x100mm Carriage Bolt	1	KEEWADIN-501
502	8x16x3mm Washer	2	KEEWADIN-502
503	M10x52mm Bolt	1	KEEWADIN-503
504	M8x20mm Allen Head Bolt	2	KEEWADIN-504
505	M16x19-M16x22mm Bolt	1	KEEWADIN-505
506	M16 Nut	1	KEEWADIN-506
507	17.5x35x5mm Plastic Washer	1	KEEWADIN-507
508	16x40x4.5mm Washer	1	KEEWADIN-508
509	M5x12mm Screw	2	KEEWADIN-509
510	M3x12mm Screw	2	KEEWADIN-510
511	M10x35mm Allen Head Bolt	11	KEEWADIN-511
512	M8 C Clip	1	KEEWADIN-512
513	M8x20mm Allen Head Bolt	2	KEEWADIN-513
514	M10x40mm Allen Head Bolt	2	KEEWADIN-514
515	M8x70mm Allen Head Bolt	1	KEEWADIN-515
516	M8x25mm Screw	4	KEEWADIN-516
517	M6x15mm Screw	6	KEEWADIN-517
518	M8x15mm Allen Head CAP Bolt	4	KEEWADIN-518
519	M8x70mm Allen Head CAP Bolt	3	KEEWADIN-519
520	M10x42mm Bolt	2	KEEWADIN-520
521	M10x61mm Bolt	1	KEEWADIN-521
522	M10x135mm Bolt	1	KEEWADIN-522
523	M14x80mm Bolt	2	KEEWADIN-523
524	3x12mm Screw	4	KEEWADIN-524
525	4x15mm Screw	12	KEEWADIN-525
526	4x19mm Screw	7	KEEWADIN-526
527	4x8mm Screw	7	KEEWADIN-527

COMPUTER OPERATION

Item No.	Description	Qty.	Part No.
528	M4x15mm Screw	2	KEEWADIN-528
529	4x12mm Screw	21	KEEWADIN-529
530	4x19mm Screw	8	KEEWADIN-530
531	4x12mm Screw	6	KEEWADIN-531
532	M8 Nut	4	KEEWADIN-532
533	M10 Nylon Nut	9	KEEWADIN-533
534	M8 Nylon Nut	3	KEEWADIN-534
535	10x22x2mm Washer	11	KEEWADIN-535
536	6x13x1mm Washer	6	KEEWADIN-536
537	8x16x1mm Washer	7	KEEWADIN-537
538	10x16x2mm Washer	10	KEEWADIN-538
539	6x10x1mm Spring Washer	6	KEEWADIN-539
540	10x30x2mm Washer	2	KEEWADIN-540
541	6mm Fixing Insert	2	KEEWADIN-541
542	18x40x2mm Washer	1	KEEWADIN-542
543	4x12mm Self Tapping Screw	4	KEEWADIN-543
544	4x15mm Screw	23	KEEWADIN-544
545	8x14x2mm Spring Washer	6	KEEWADIN-545
546	5x25mm Screw	2	KEEWADIN-546
547	6x20mm Bolt	1	KEEWADIN-547
548	4x12x1mm Washer	23	KEEWADIN-548
549	M5 Nut	4	KEEWADIN-549
550	8x25m Axle	1	KEEWADIN-550
551	Wheel Spring	1	KEEWADIN-551
552	M5x10mm Screw	4	KEEWADIN-552
553	3x12mm Screw	2	KEEWADIN-553
554	6x14.5–M5x6.5mm Bolt	2	KEEWADIN-554
555	6x8x8mm Plastic Washer	2	KEEWADIN-555
556	4x12mm Screw	2	KEEWADIN-556
KEEWADIN-600			
601	M8x25mm Allen Head CAP Bolt	2	KEEWADIN-601
602	M8x50mm Allen Head Bolt	4	KEEWADIN-602
603	8x14x2mm Spring Washer	2	KEEWADIN-603
604	4x15mm Screw	14	KEEWADIN-604
605	M10x45mm Bolt	2	KEEWADIN-605
606	10x22x2 Spring Washer	2	KEEWADIN-606
607	M10 Nylon Nut	2	KEEWADIN-607
608	M6x45mm Bolt	2	KEEWADIN-608
KEEWADIN-700			
701	Upright Cover – LL	1	KEEWADIN-701
702	Upright Cover – LR	1	KEEWADIN-702
703	Upright Cover – RR	1	KEEWADIN-703
704	Upright Cover – RL	1	KEEWADIN-704
705	Upright Side Cover – Left	1	KEEWADIN-705
706	Upright Side Cover – Right	1	KEEWADIN-706
707	Wheel 65x25mm	2	KEEWADIN-707
708	Left Handlebar	1	KEEWADIN-708
709	Right Handlebar	1	KEEWADIN-709
710	Upright Lower Cap	2	KEEWADIN-710

ASSEMBLY

(A) Remove your treadmill from the carton and place it on the floor in an open area.

(B) Remove the treadmill and all the components and hardware from the box.

(C) Check the quantities of all components and hardware with the component and hardware lists on pages 5-6.

(D) After verifying inventory if there is any missing parts please contact Yowza fitness at 877-969-9240.

STEP1

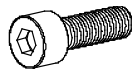


STEP1). Rotate the Uprights (105, 106) up, and secure using the Allen Head CAP Bolt (601) to firm the upright, and then attach the Upright Lower Cap (710).

PLEASE CUT THE CABLE TIE AS SHOWN IN FIG-1 BEFOR YOU ASSEMBLE THE UPRIGHT.

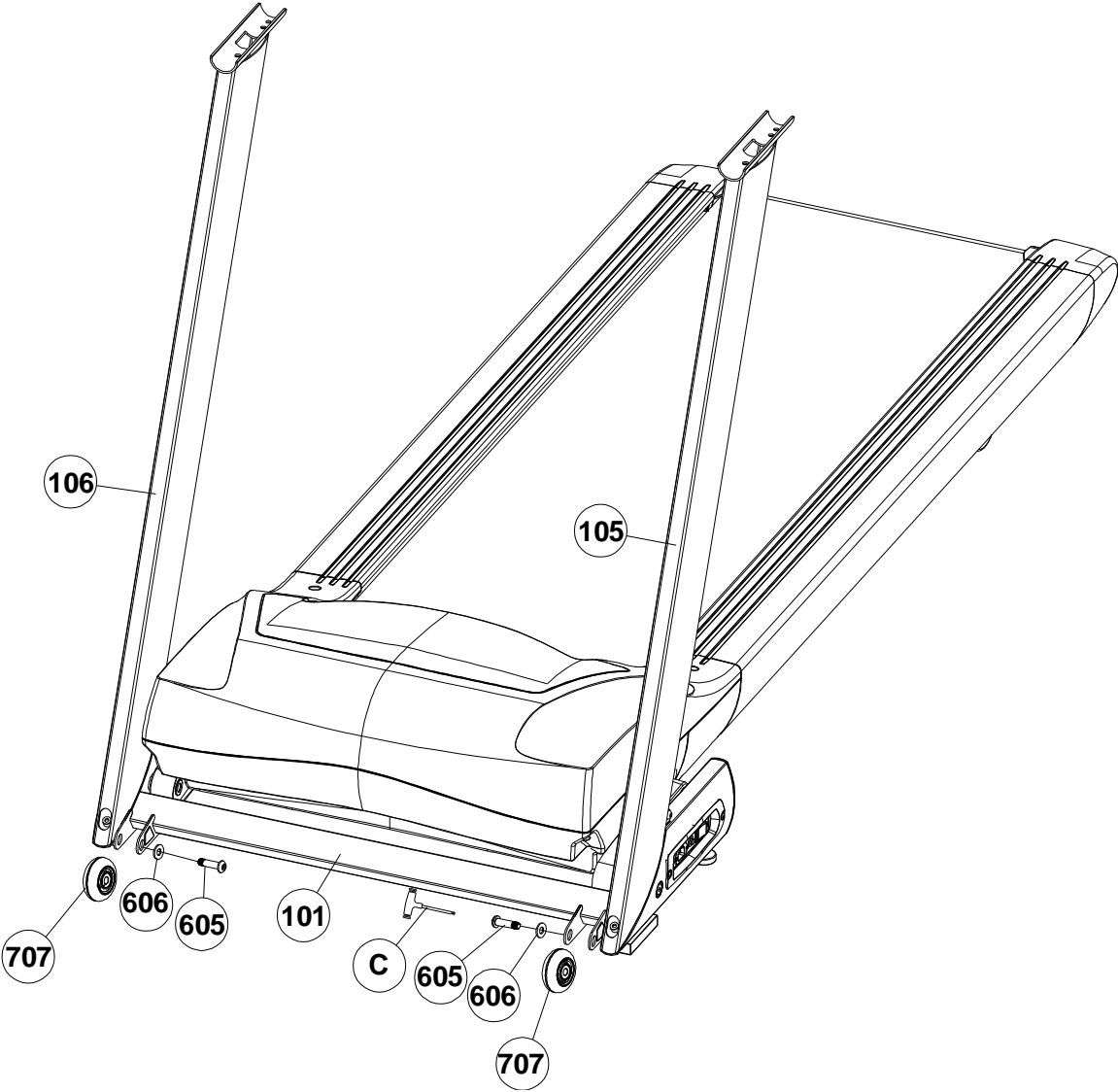
601

X2

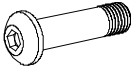



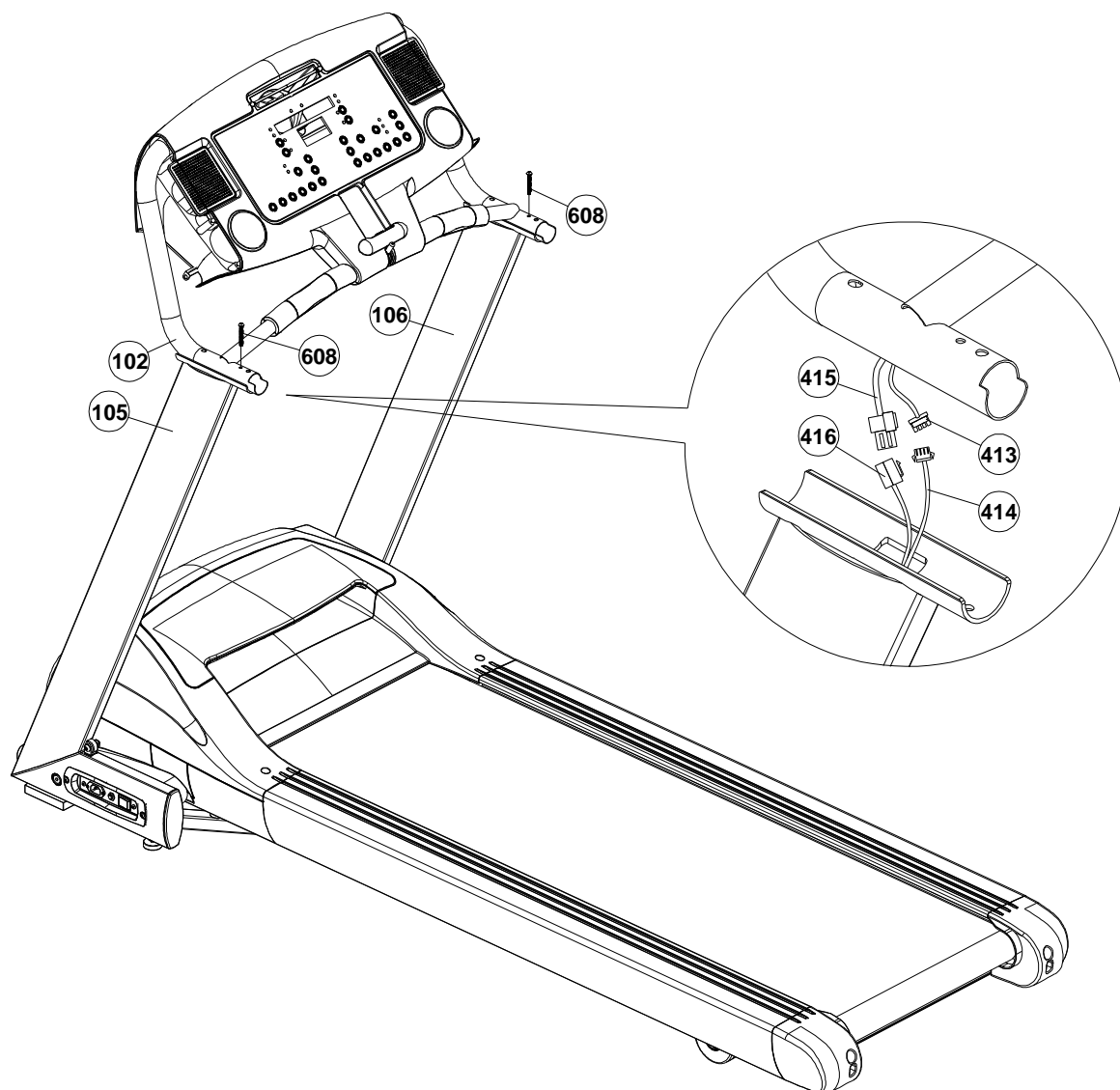
STEP2

ASSEMBLY



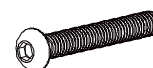
STEP2). Attach the wheel to the base frame and secure using Allen Head Bolt (605) with Spring Washer (606).

605	X2	
606	X2	

STEP3 ASSEMBLY

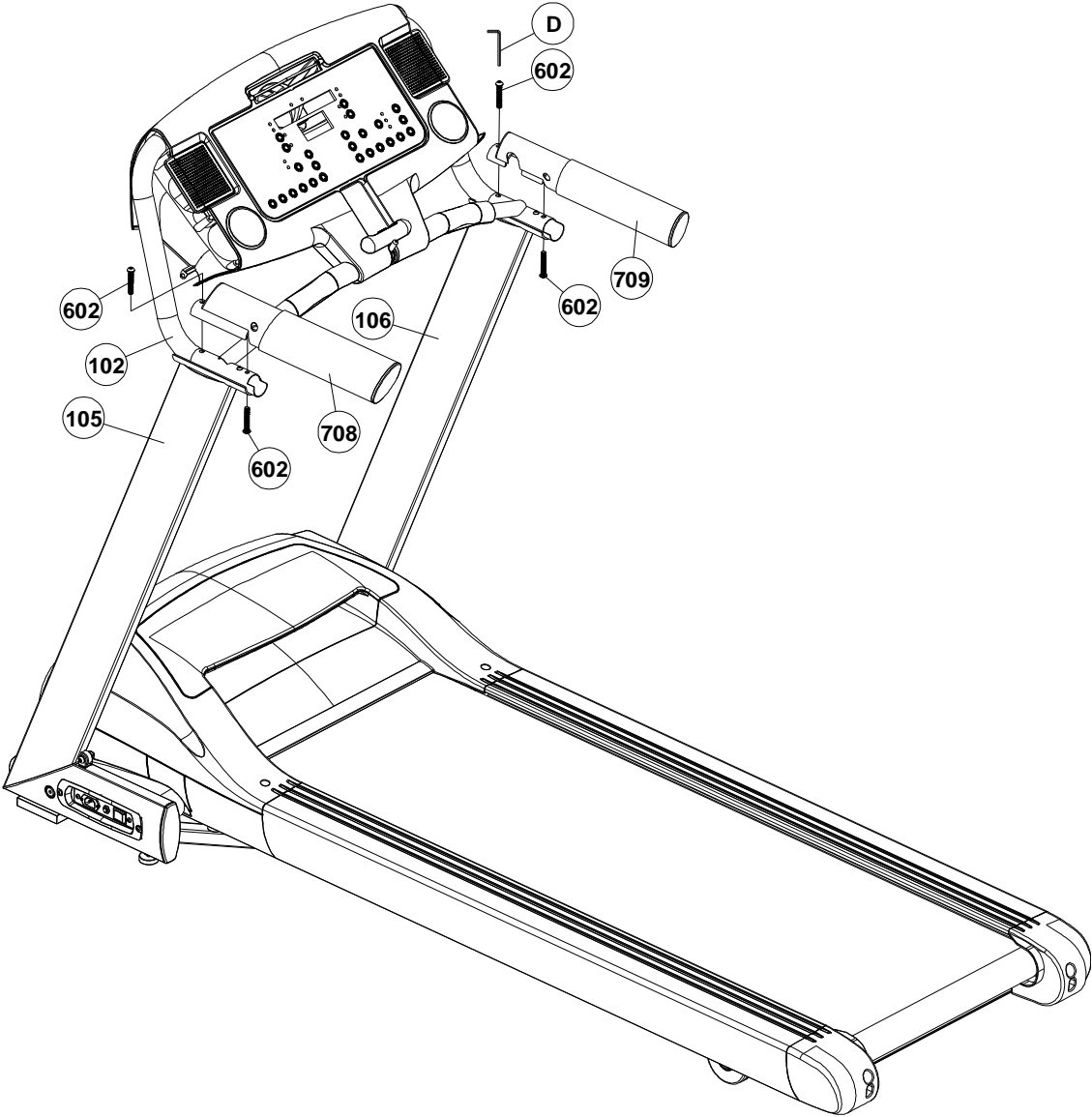
STEP3-A). Connect the 8pin Computer Wire - Upper (413) to 8pin Computer Wire – Lower (414) and Safety Key Wire – Upper (415) to Safety Key Wire – Lower (416).

STEP3-B) Attach the Console Support Tube to the uprights and secure using Bolt (608).


608**X2**

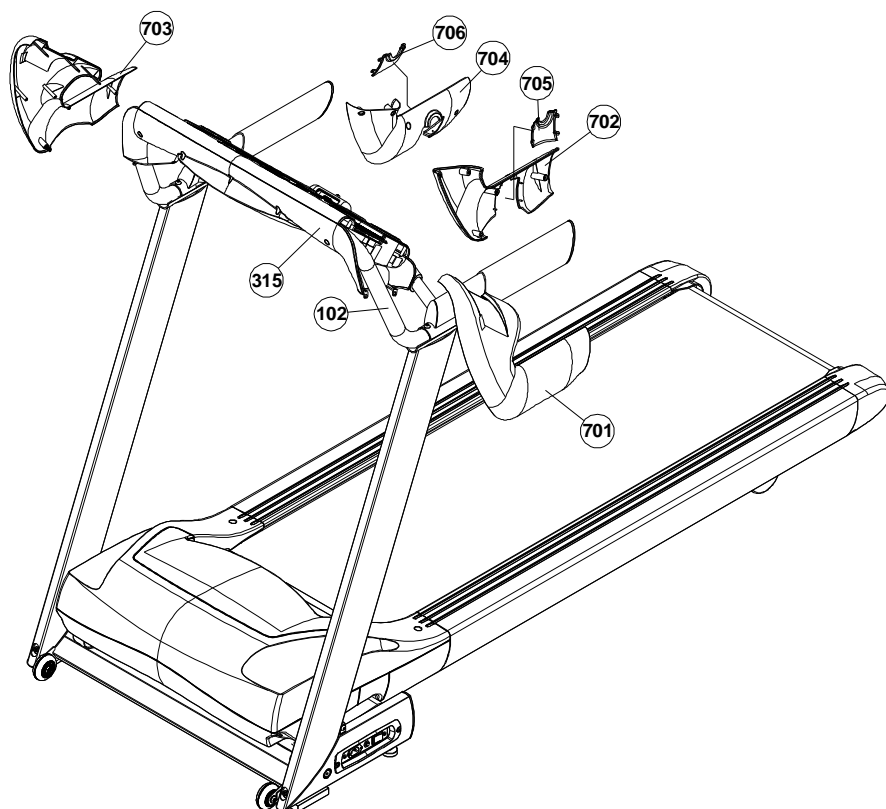
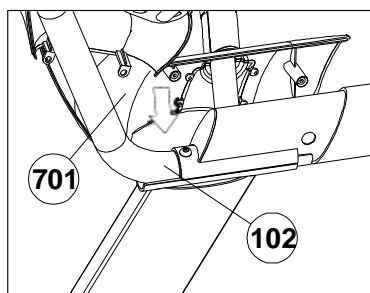
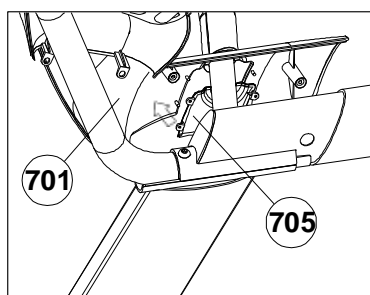
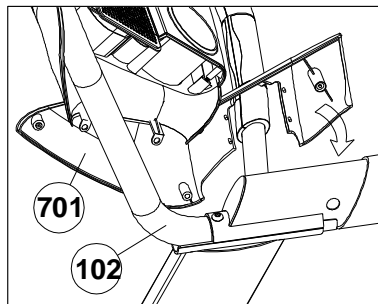
STEP4

ASSEMBLY



STEP4). Attach the Left and Right Handlebar and secure using the Allen Head Bolt (602)

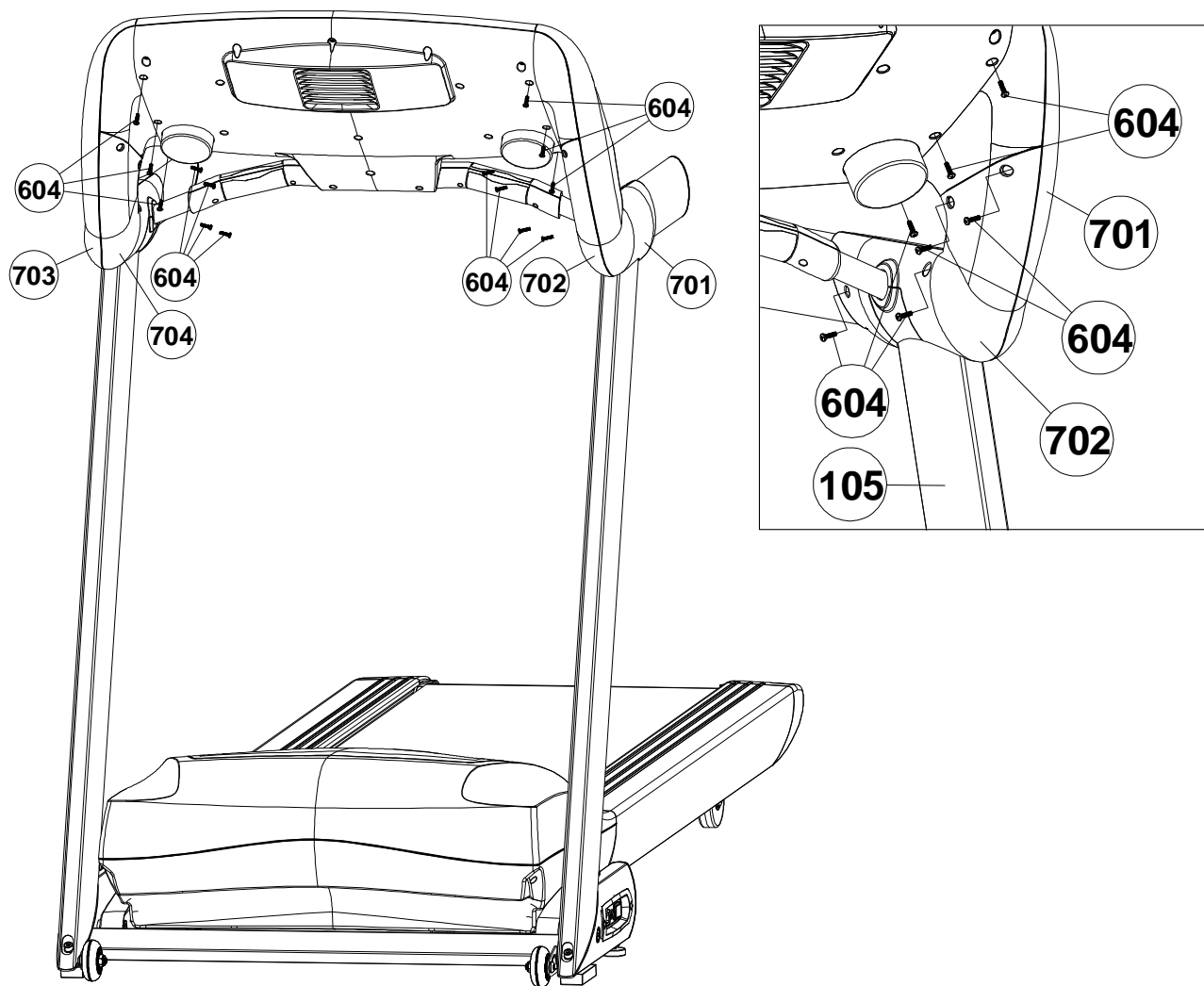
602	X4	
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STEP5 ASSEMBLY

STEP5). Attach the Upright Cover (701, 702, 705) to the left upright. Repeat the above procedure to assemble the right side.

STEP6

ASSEMBLY

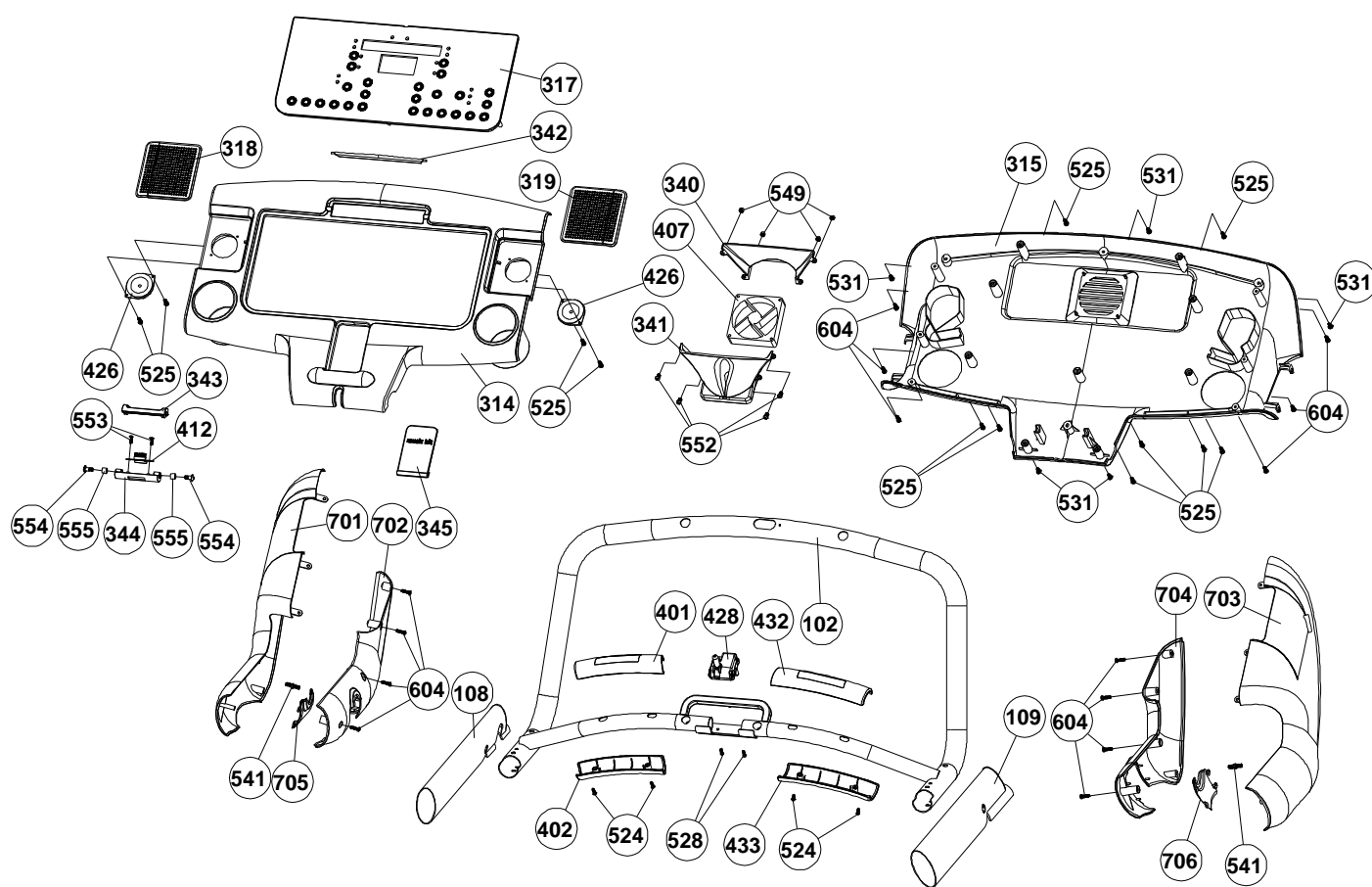


STEP6). Secure use the Screw (604) to firm the upright cover.

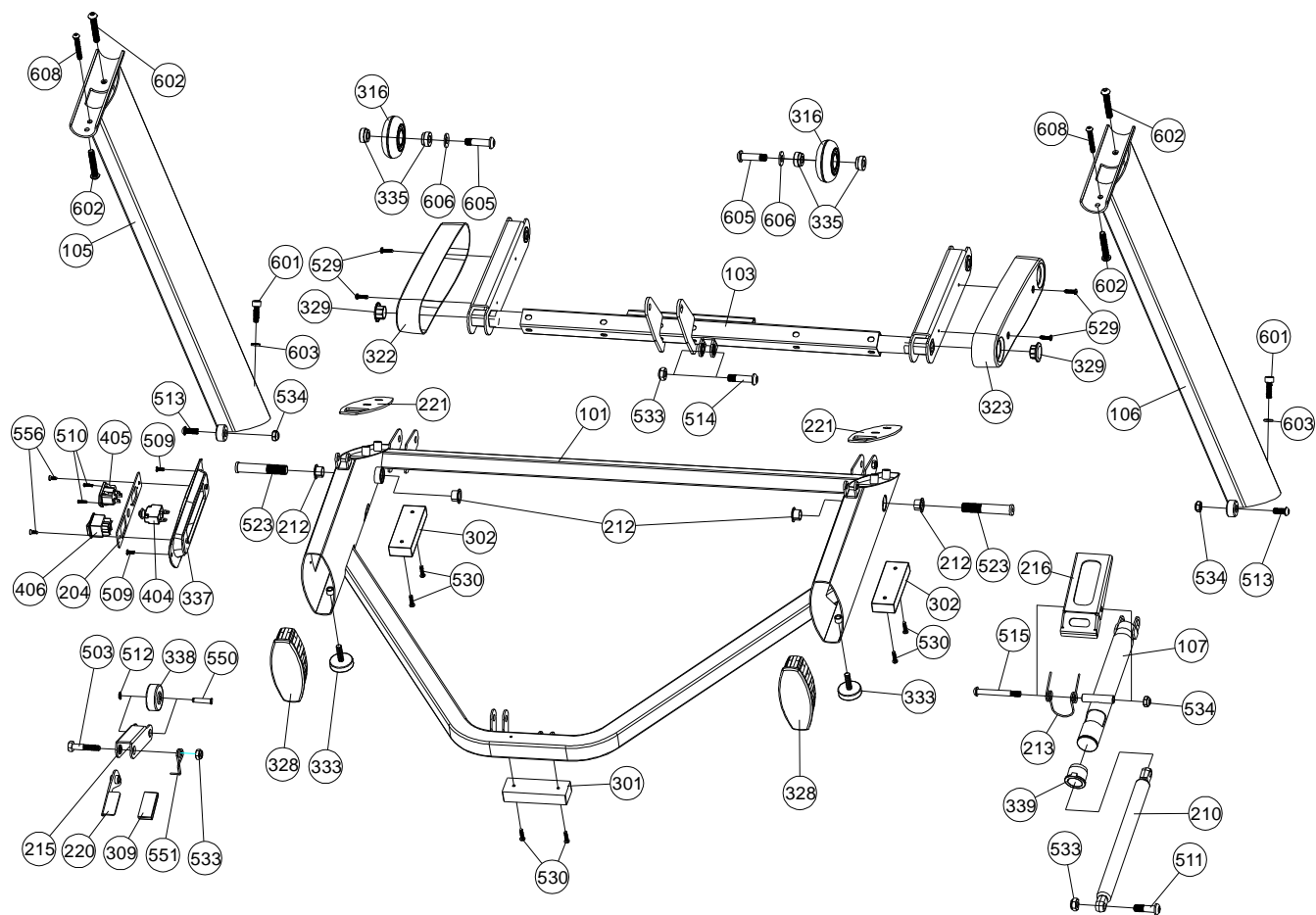
Your treadmill is now fully assembled.

604	X14	
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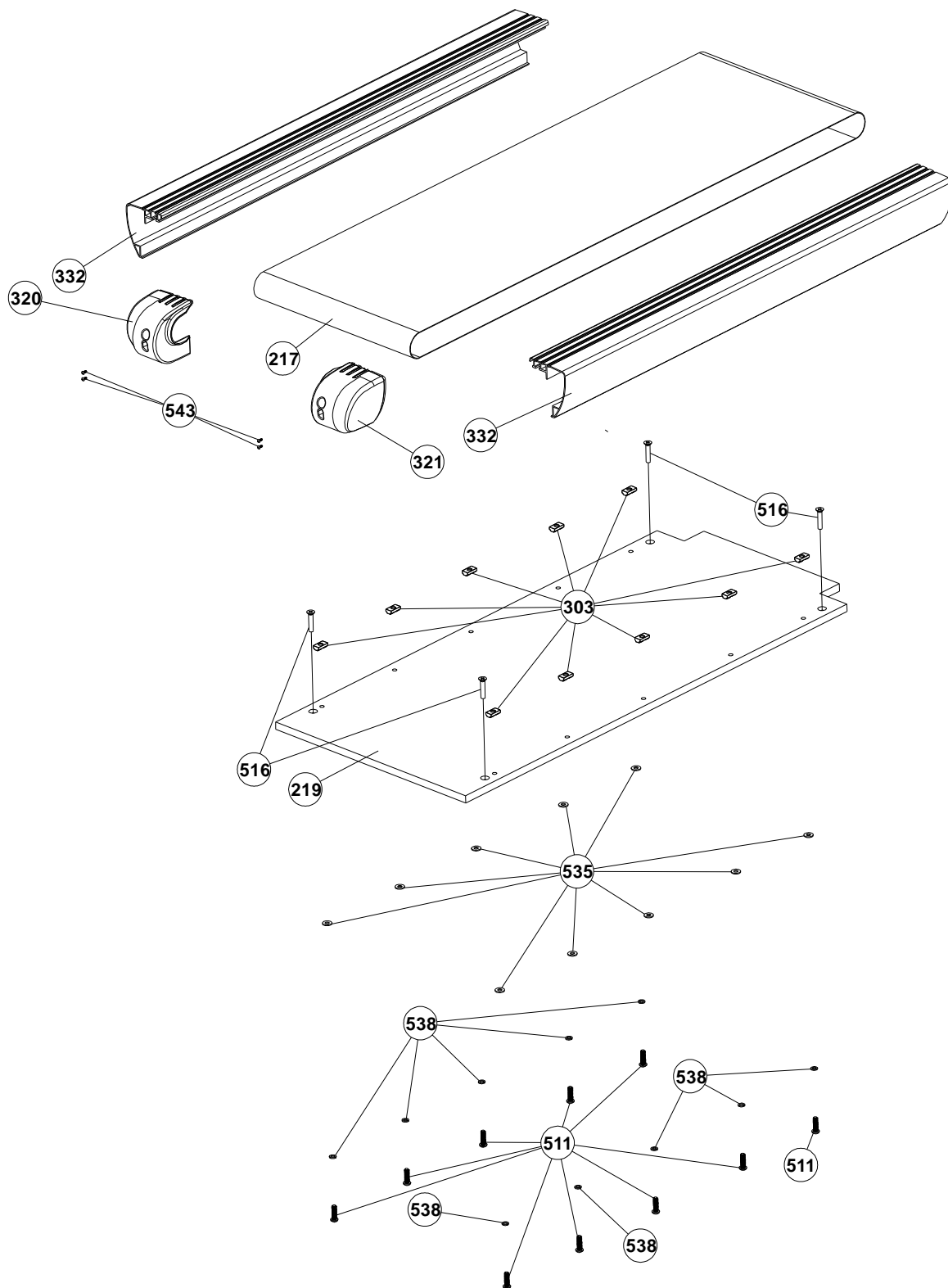
EXPLODED DIAGRAM



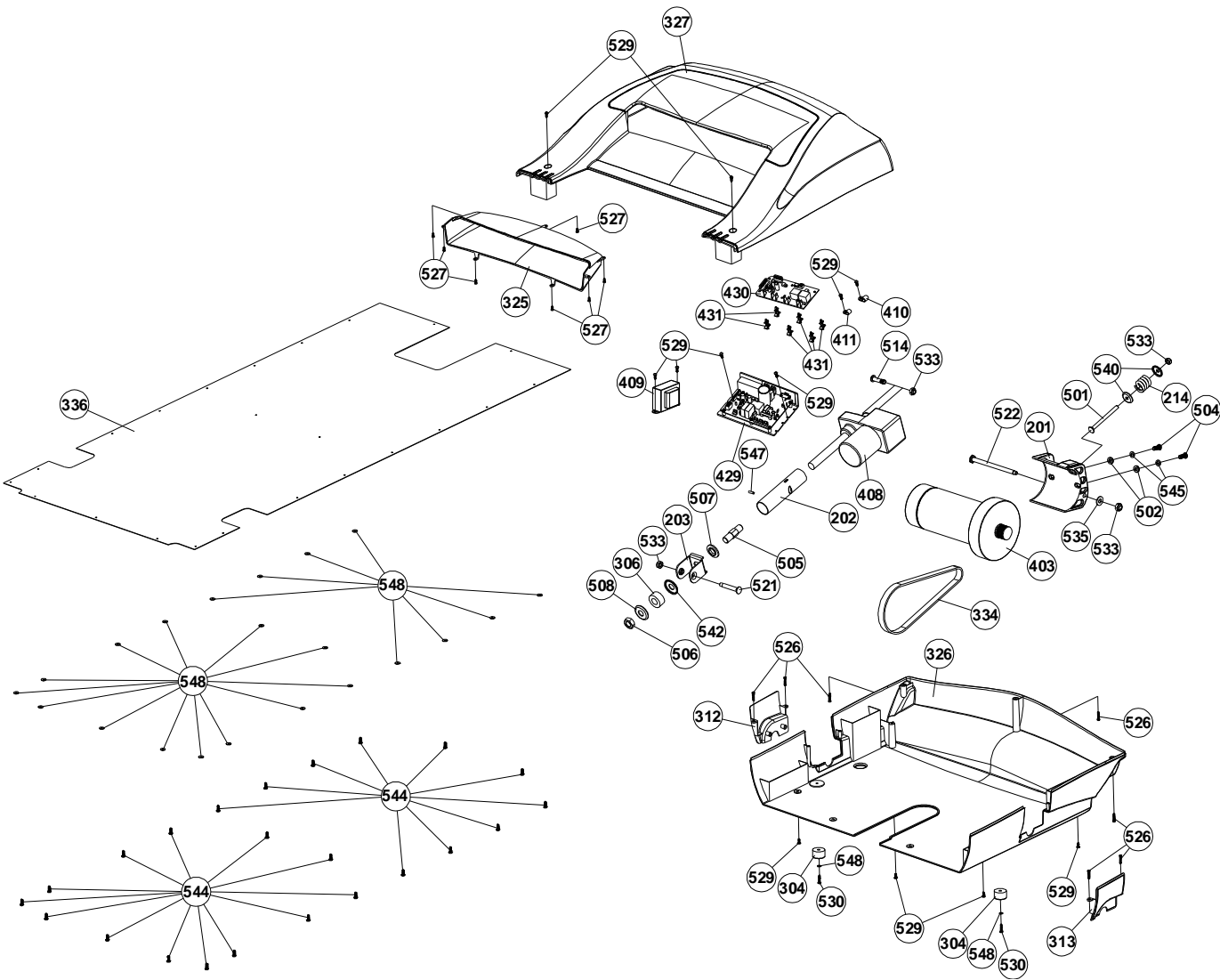
EXPLODED DIAGRAM



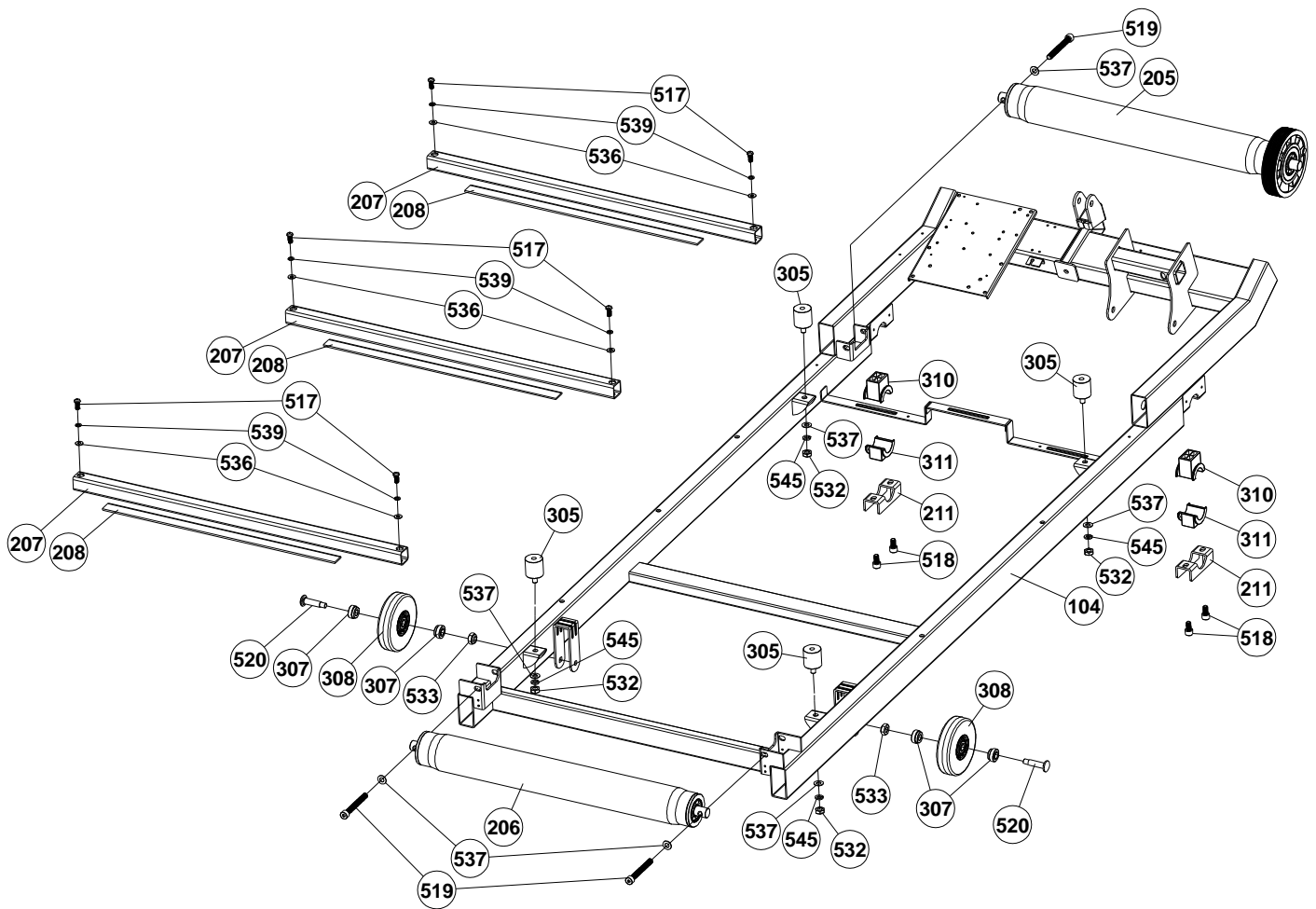
EXPLODED DIAGRAM



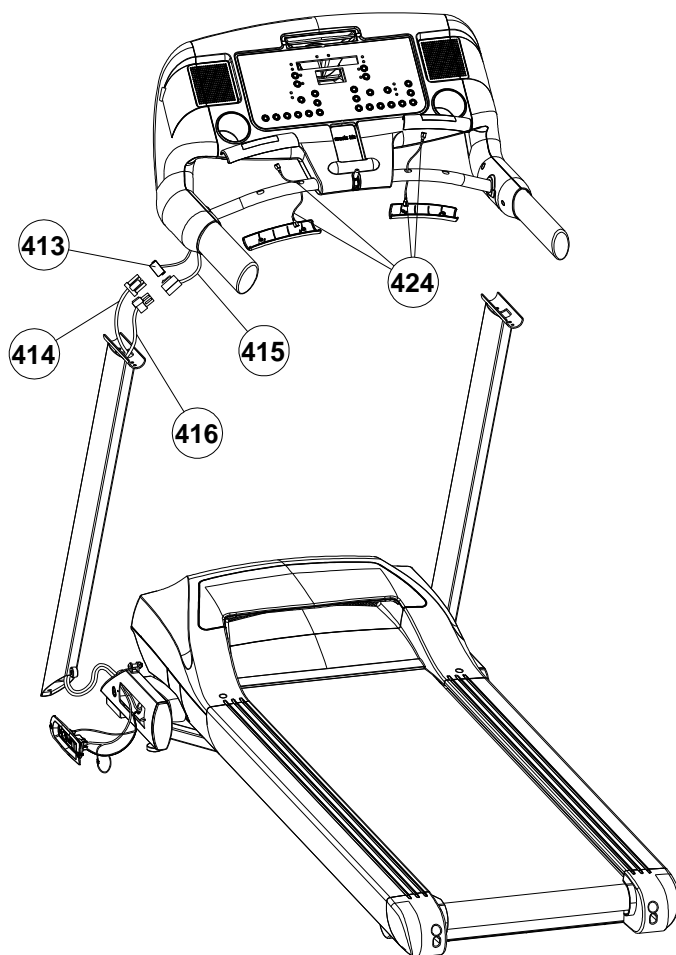
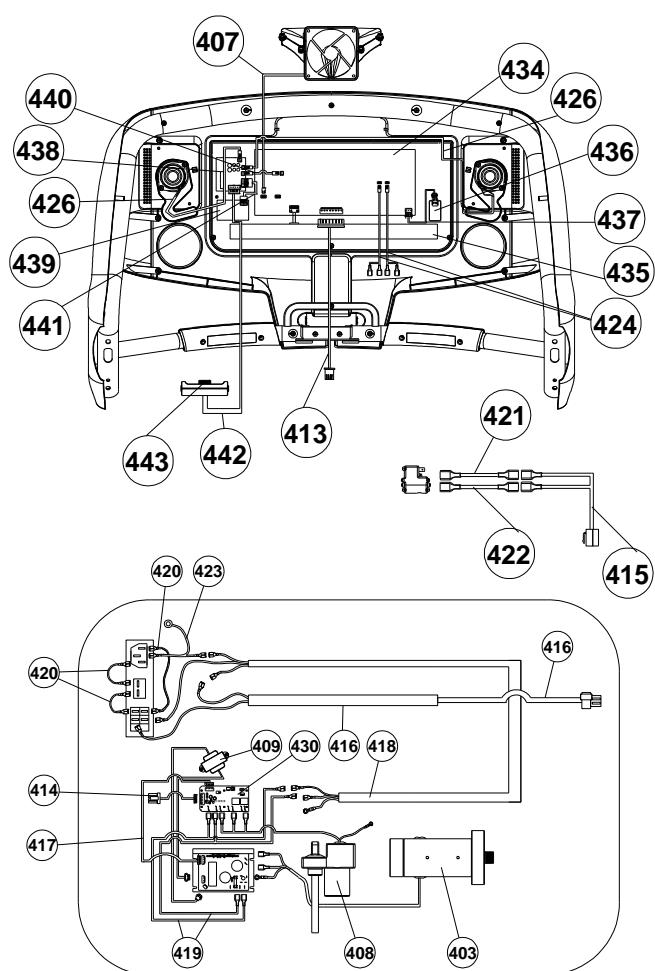
EXPLODED DIAGRAM



EXPLODED DIAGRAM



WIRE DIAGRAM

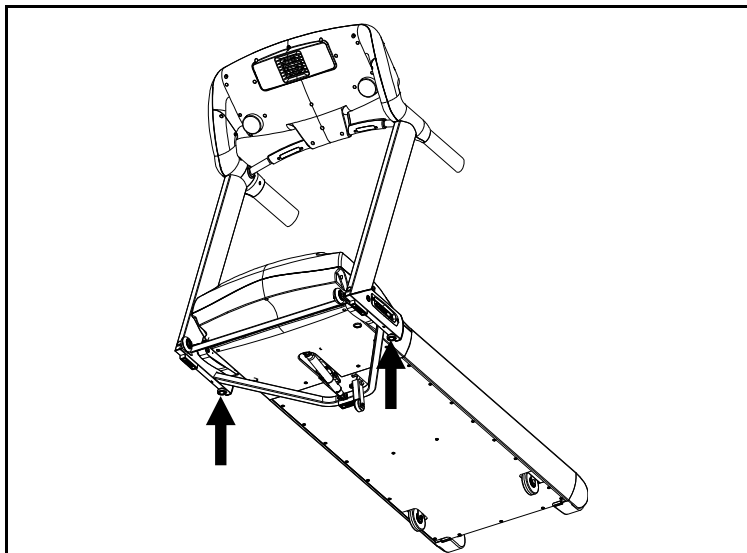


STABILIZER ADJUSTMENT

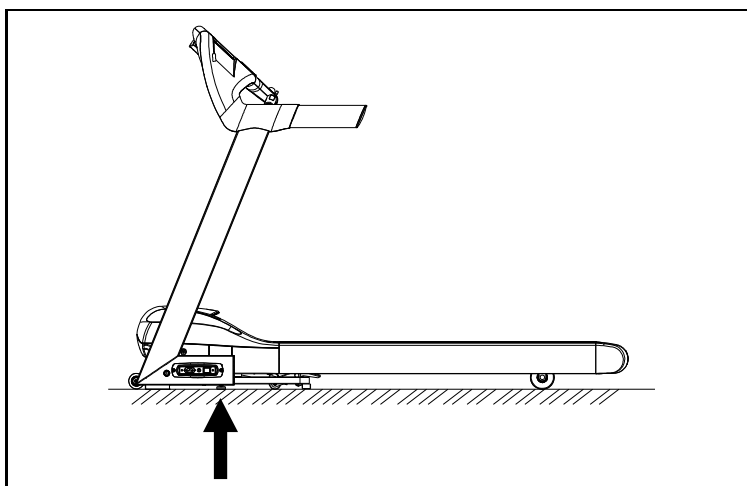
FOLLOW THESE INSTRUCTIONS TO LEVEL YOUR TREADMILL:

An uneven floor or improper stabilizer level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill stabilizer is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

First locate the two adjustable stabilizers under the base frame. Then simply rotate them in or out to adjust the level of the Treadmill. When properly adjusted the treadmill should sit firmly on both stabilizers and all cushions.



Locate the two adjustable stabilizers under the base frame.



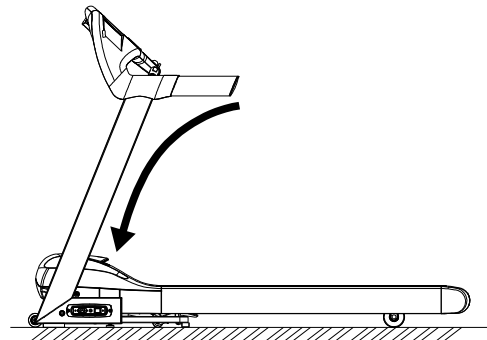
Treadmill should sit firmly on both stabilizers and all cushions.

FOLDING INSTRUCTIONS

How to fold up the treadmill:

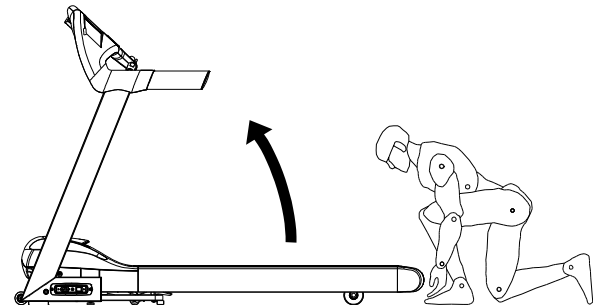
Your treadmill can be folded up for space saving storage. To do this follow the instructions here:

1. To fold the deck you first need to bring the treadmill to the lowest incline level.



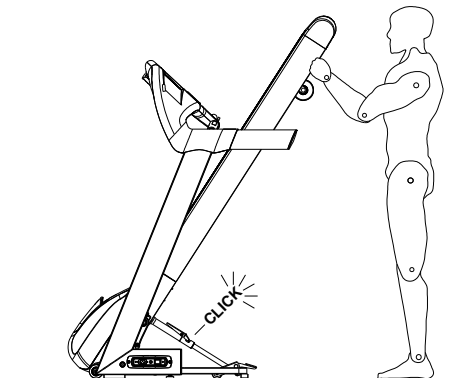
1. Lower deck to lowest incline level.

2. Lift the deck up from the rear of the treadmill and fold up until it locks in place. **TO PREVENT INJURY BE SURE YOU HAVE A FIRM HOLD WHEN RAISING THE DECK.**



2. Lift the deck up from the rear.

3. You will hear a "click" sound as the lock engages.

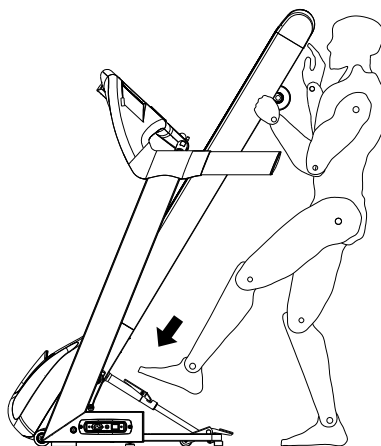


3. You will hear a "click" sound as the lock engages.

UNFOLDING INSTRUCTIONS**How to unfold the treadmill:**

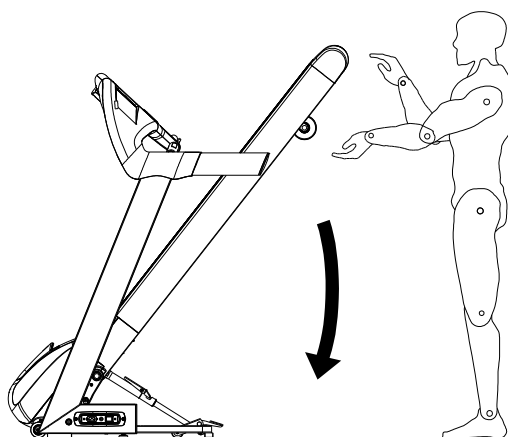
To unfold the treadmill for use follow the instructions here:

1. Begin by standing behind and supporting the deck with your hands. Next release the lock with your foot by stepping on the release lever. **TO PREVENT INJURY BE SURE YOU HAVE A FIRM HOLD ON THE DECK BEFORE RELEASING THE LOCK.**



1. Release the lock with your foot by stepping on the release lever.

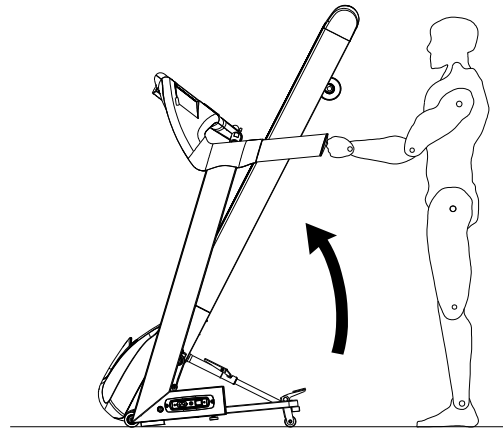
2. Slowly lower the deck certain angle till the deck start to lower by itself. The deck will lower slowly till it rests securely on the ground. **Please do not stand on the area where underneath the deck when the deck lowering.**



TRANSPORT INSTRUCTIONS

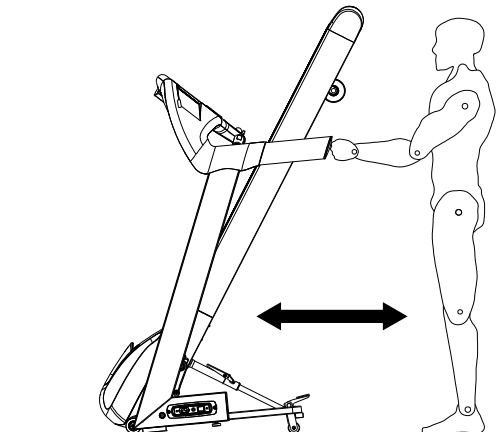
How to transport the treadmill:

1. Start by first folding up the running deck as described on the FOLDING INSTRUCTIONS page in this manual. Then lift the treadmill a little bit up from the end of handlebars. You will see the Transportation Wheel Bracket spring out.



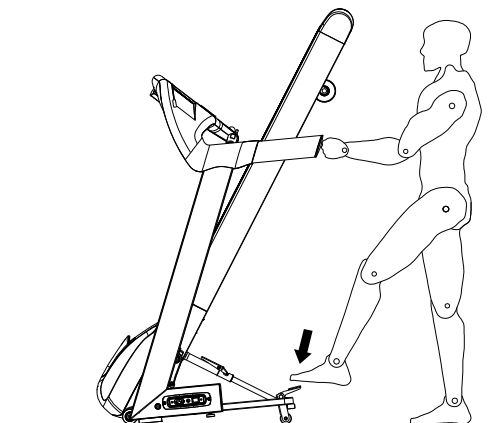
1. Fold up the running deck.

2. Stand behind the treadmill and grab the handlebars. Use the transport wheels to roll the treadmill to a desired position.



2. Grab the handlebars then push or pull the treadmill.

3. Once the treadmill is in place step on the Transportation Wheel Bracket to make the wheel back to place. Then follow the UNFOLDING and STABILIZER ADJUSTMENT instruction pages in this manual to level the frame to the floor.



MAINTENANCE

HOW TO MAINTAIN THE KEEWADIN TREADMILL:

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and exceed the LIMITED WARRANTY coverage.

- **Important: DO NOT** use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any damaged or worn parts immediately.

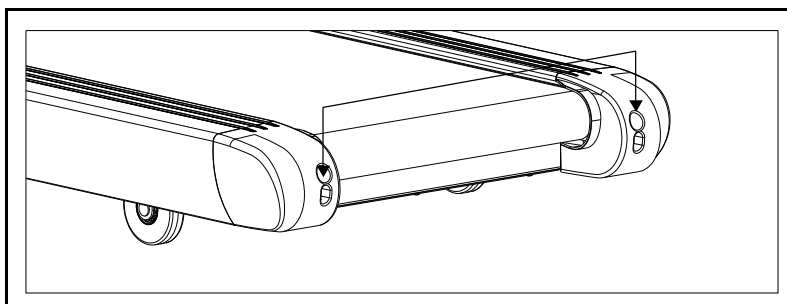
BELT ADJUSTMENT:

ALL BELT ADJUSTMENTS ARE CONSIDERED MAINTENANCE, AND ARE THE RESPONSIBILITY OF THE END USER.

Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing on the plastic side rail or end caps and possibly causing damage to the equipment. To adjust the belt back to it's proper position please follow the directions below:

- **Walking belt has shifted to the left:** First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt has shifted to the right:** First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt is slipping:** First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the equal amounts, 1/2 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip. If proper tension cannot be achieved within four attempts please contact Yowza Fitness Technical Support. Belt centering may be necessary once you have completed the tensioning procedure.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!



Right and left tension bolts are located at the rear of the treadmill.

MAINTENANCE

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

- **Warning:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
- **Important: DO NOT** use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- **After each workout:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- **Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION:

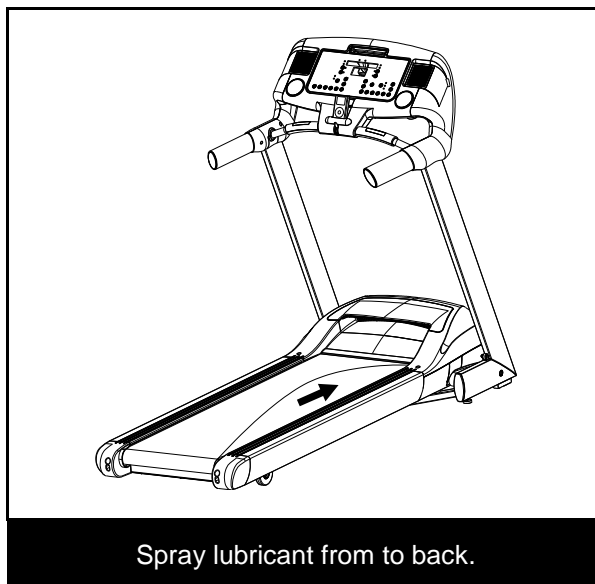
The walking belt has been pre-lubricated at the factory. However, it is recommended that the running deck be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first 400 hours of use.

Every 2 months of operation lift the sides of the walking belt and feel the top surface of the running deck as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

To apply lubricant under the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill and as far to the center as possible. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 1/4 bottle (supplied with treadmill) each time.

Allow the silicone to "set" for 1 minute before using the treadmill.



IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

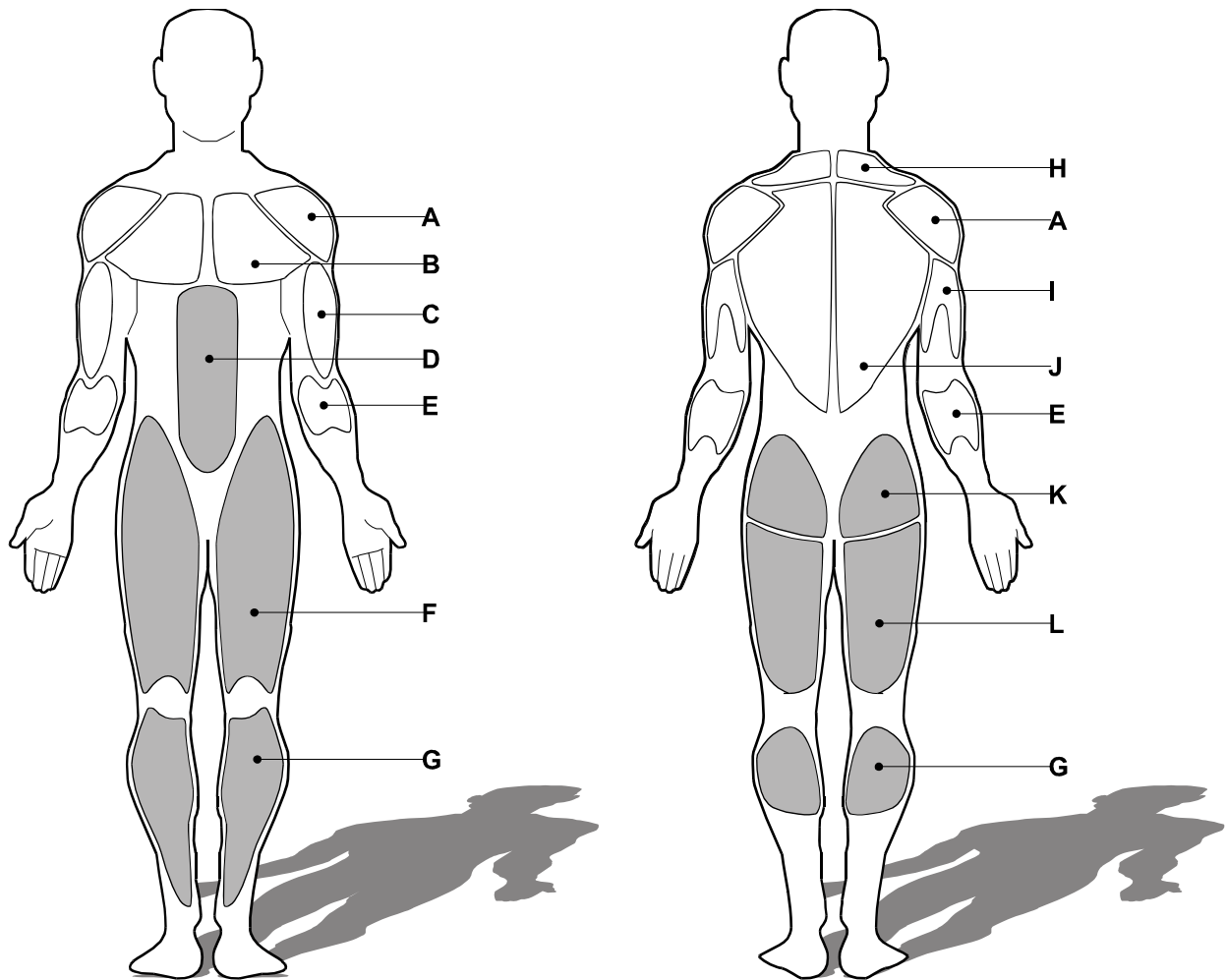


The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.™

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



MUSCLE GROUPS

A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

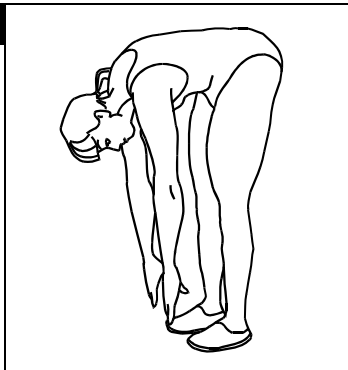
Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

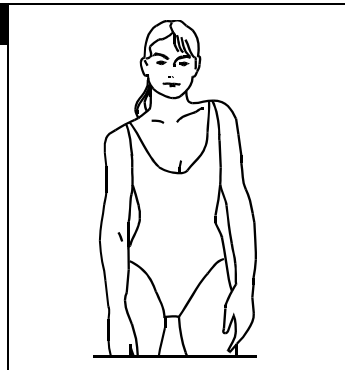
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

**Shoulder Lift:**

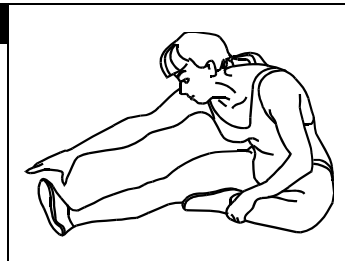
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

**Inner Thigh Stretch:**

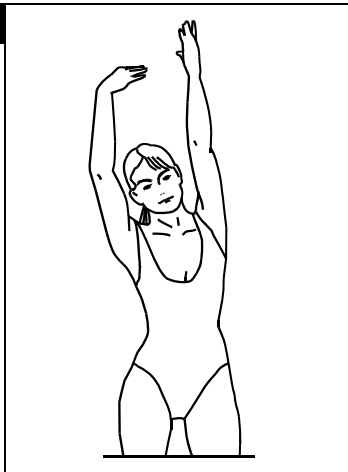
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**Hamstring Stretch:**

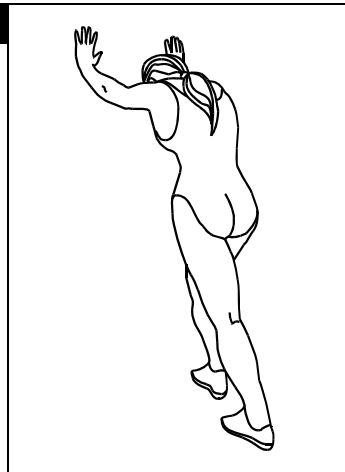
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

**Side Stretch:**

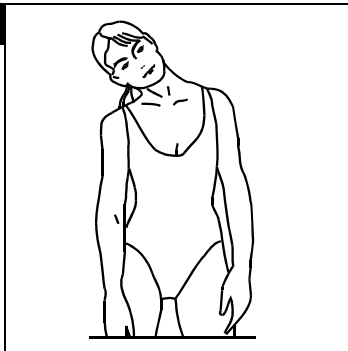
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

**Calf-Achilles Stretch:**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.

**Head Roll:**

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



TROUBLESHOOTING

NOTE: Do not touch any internal electric wires without consulting the manufacturer.

Treadmill will not start:

Symptom	Resolution
Treadmill will not power up	Check the following: <ul style="list-style-type: none"> Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual). Equipment circuit breaker is in the reset position Equipment power switch is in the on position Safety key is properly inserted into the computer console Wall outlet is properly functioning with correct voltage (Have an electrician check for inadequate voltage at the outlet refer to the Power Requirements section in this manual) House circuit breaker is reset and is the proper size. (refer to the Power Requirements section in this manual)
Treadmill stops operation during use	<ul style="list-style-type: none"> Safety key is properly inserted into the computer console Equipment circuit breaker is in the reset position House circuit breaker is reset, meets proper requirements and if worn replaced by an electrician. (refer to the Power Requirements section in this manual) Program time has expired
Treadmill will not incline(Power fold models only)	<ul style="list-style-type: none"> Check for proper positioning of spring knob for folding(See procedure in owners manual)
Treadmill will not unfold	Power Fold only <ul style="list-style-type: none"> Check for proper positioning of spring knob for folding(See procedure in owners manual) Manual Fold only <ul style="list-style-type: none"> Folding locking lever is depressed
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> Metric/English conversion (See owners manual for Metric/English conversion process)
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	<ul style="list-style-type: none"> Treadmill is properly leveled(See procedure in owners manual) Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	<ul style="list-style-type: none"> Tension running belt (See process in owners manual)
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	<ul style="list-style-type: none"> Treadmill is properly leveled(See procedure in owners manual) Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	<ul style="list-style-type: none"> Tension running belt (See process in owners manual)

WARRANTY

NOTE: Save this document for your records. This warranty includes all YOWZA "KEEWADIN" Products

TO OBTAIN SERVICE: CALL 877-969-9240 OR EMAIL SERVICE@YOWZAFITNESS.COM to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of \$75.00 per service issue. Service issue is defined as an approved service claim. Limit of one \$75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(S) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER'S IN THAT AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms "you" and "your" are used in this Limited Warranty to refer to the original buyer who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms "we", "us" and "YOWZA" are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA "KEEWADIN" name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER'S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Loss from natural disasters such as hurricanes, floods, tornados etc. are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but not limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See "INTENDED USE" below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA "KEEWADIN" name are intended for **RESIDENTIAL USE ONLY**. See further "Circumstances and use that will void your warranty" below.

CIRCUMSTANCES AND USE THAT WILL VOID YOUR WARRANTY: Any use other than for residential purpose including but not limited to: use in a commercial business, use in a member paid organization or association, use in an outside the home office or location of any kind that is not the residence of the buyer, immediate household members or family. Willful disregard for the proper maintenance, use and location of the equipment. Loss from natural disasters such as hurricanes, floods, tornados etc. are not covered.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame and motor, and five years on all other parts. The labor portion of the warranty is two years from the date of delivery.

WHO WILL PAY LABOR AND TRANSPORTATION COSES: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

WARRANTY

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

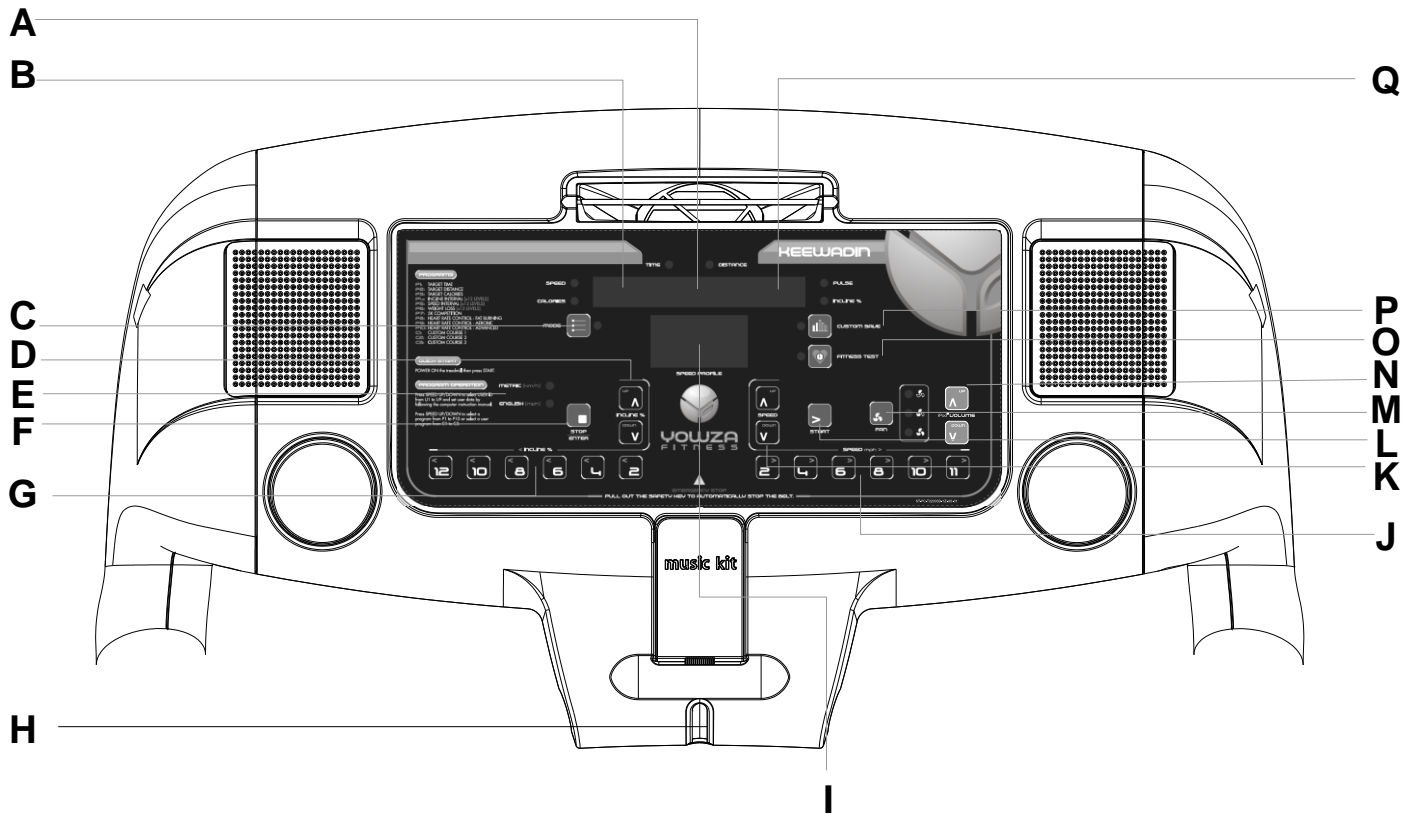
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WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

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COMPUTER OPERATION



TIME/DISTANCE	A	B	SPEED/CALORIES
MODE	C	D	INCLINE UP/DOWN
METRIC/ENGLISH	E	F	STOP/ENTER
EXPRESS INCLINE BUTTONS	G	H	SAFETY KEY
PULSE/INCLINE%	I	J	CUSTOM SAVE
FITNESS-TEST	K	L	START
EXPRESS SPEED BUTTONS	M	N	SPEED UP/DOWN
SPEED PROFILE	O		

COMPUTER OPERATION

POWER ON:

When the console is Switch on, all the LED lights will auto scan and the sound a beep, then "QUICK START OR PRESS ENTER TO SELECT PRESET PROGRAM" will display on the message center. Press START to start training in QUICK STATR MODE or ENTER to go into PROGRAM MODE.

SLEEP MODE:

The computer will automatically enter SLEEP MODE. If it is left idle for 240 seconds without receiving any input. Press any buttons to return to POWER ON status when the computer is in the SLEEP MODE.

STOP/ENTER:

When the treadmill is running, press the STOP button to pause the treadmill. All figures on the displayed on the LED will freeze. Press START to resume the program and all displays will continue the performance until the program finishes. If you continue pressing the STOP twice, then all data will return to 0 and the treadmill will return to POWER ON status. If there is no action within 3 minutes, the treadmill will return to POWER ON status.

MODE:

Switches the LED window display information:

- The computer has a factory setting that auto switches between TIME, SPEED, PULSE, DISTANCE, CALORIES and INCLINE LEVEL. Each value will be displayed for 5 seconds.
- Press the MODE button once to display only SPEED, TIME and PULSE.
- Press the MODE button a 2nd time to display only CALORIES, DISTANCE and INCLINE LEVEL.
- Press the MODE button a 3rd time return to the auto switch display.

ENGLISH/METRIC CONVERSION:

The treadmill computer display can show ENGLISH and METRIC information. The factory should have the proper setting on this for different markets. In case that the treadmill needs to be converted between METRIC and ENGLISH readout, please follow the procedure as below:

- Set the POWER SWITCH to ON. Press the START button on the computer and hold it. Insert the SAFETY KEY then release the START button. The computer will sound one short beep and METRIC LED light up.
- Press the START button to switch between METRIC/ENGLISH and press the STOP button to confirm the selection and return to the POWER ON status.

QUICK START:

Press the START button to start the belt, the SPEED window will countdown 3 seconds with the LED showing "3-2-1" then the belt will start moving.

- Speed starts from 0.5mph (0.8kph), press to SPEED UP/DOWN exercise speed by 0.1mph/kph
- Level starts from Level 0, press INCLINE UP/DOWN to change incline level
- SPEED, TIME, PULSE is A group, CALORIES, DISTANCE, INCLINE% is B group. Each value will be displayed for 5 seconds

Press the MODE button

TIME window will display: 0.00

DISTANCE window will display: 0.00

SPEED window will display: 0.5mph/0.8kph

CALORIES window will display: 0

HEART RATE window display: P

FAN CONTROL:

First Press:  Second Press:  Third Press:  Fourth Press: **STOP**

COMPUTER OPERATION

PROGRAM:

Press ENTER button to enter PROGRAM MODE and to set user parameters

SET UP USER CODE

At first, the LCD will show a blinking U1, and will also display only factory default setting values for user Weight, Height, Age and Target Heart Rate. Press the INCLINE UP/DOWN buttons to choose the User ID from U1 to U9 and press the ENTER buttons to assign the user ID shown.

HEIGHT set up – After the User ID set up procedure, the SPEED PROFILE will display the default or previous setting and begin blinking. Press the INCLINE UP/DOWN button to adjust the user height information then press ENTER to confirm.

WEIGHT set up – After the User HEIGHT confirmation procedure, The SPEED PROFILE will display the default or previous setting and begin blinking. Press the INCLINE UP/DOWN button to adjust the user weight information then press ENTER to confirm.

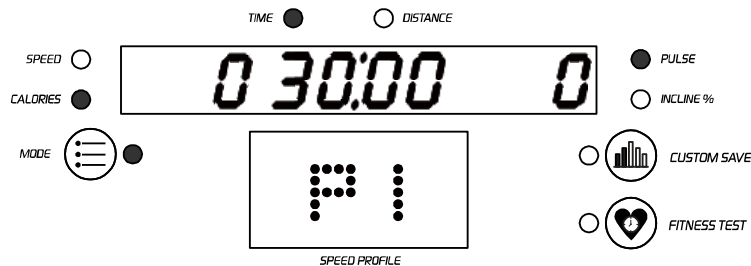
AGE set up – After the WEIGHT set up procedure, the SPEED PROFILE will display the default or previous setting and begin blinking. Press the INCLINE UP/DOWN button to adjust the user age information then press ENTER to confirm.

PROGRAM MODE

After setting the user Age, the SPEED PROFILE will display a blinking P1, indicating that the user is now select from P1~10 and C1~3. Press the INCLINE UP/DOWN buttons to select the programs and press the ENTER button to set up the program.

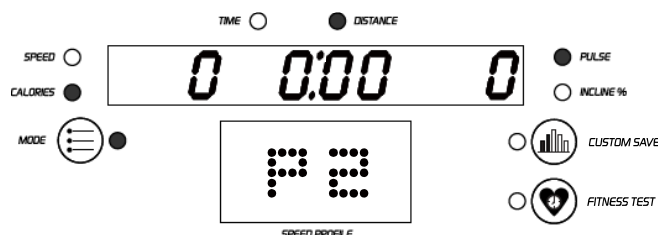
PROGRAM 1 – TARGET TIME

If P1 is selected, the TIME LED window shows “30:00” as the preset workout time. Press the SPEED UP/DOWN buttons to set target workout time. Press the STOP/ENTER button to save the target time and press the START button to start the program. Speed starts from 2.0 mph / 3.2 km/h. Incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level. TIME counts down from the target time to zero.



PROGRAM 2 – TARGET DISTANCE

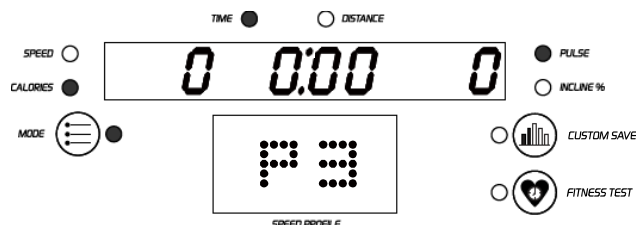
If P2 is selected, the DISTANCE LED window shows “0.00”. Press the SPEED UP/DOWN buttons to set the target distance. Press the STOP/ENTER button to save the target distance and press the START button to start the program. Speed starts from 2.0 mph / 3.2 km/h. Incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level. DISTANCE counts down from the target distance.



COMPUTER OPERATION

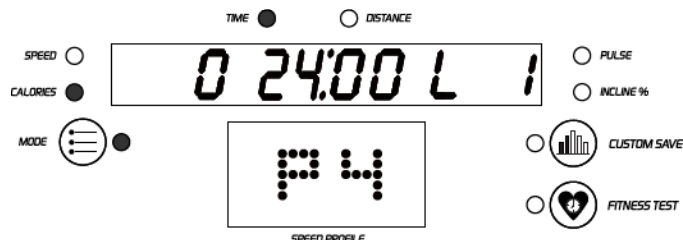
PROGRAM 3 – TARGET CALORIES

If P3 is selected, the CALORIES LED window shows “0”. Press the SPEED UP/DOWN buttons to set the target calories. Press the STOP/ENTER button to save the target calories and press the START button to start the program. Speed starts from 2.0 mph /3.2 km/h. Incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level. CALORIES count down from the target calories.



PROGRAM 4 – INTERVAL INCLINE

If P4 is selected, the PULSE/INCLINE LED window shows a blinking “L 1”. Press the SPEED UP/DOWN buttons to select the intensity of workout from L1 to L12 then press the STOP/ENTER button then the TIME LED window shows the factory setting value “24:00”. Press the SPEED UP/DOWN buttons to adjust the workout time. Every adjustable section is 4 minutes. Press the STOP/ENTER button to save the setting then press the START button to start the program. The incline level will be changed by the computer following the factory setting pattern. Press the SPEED UP/DOWN buttons to adjust the speed.



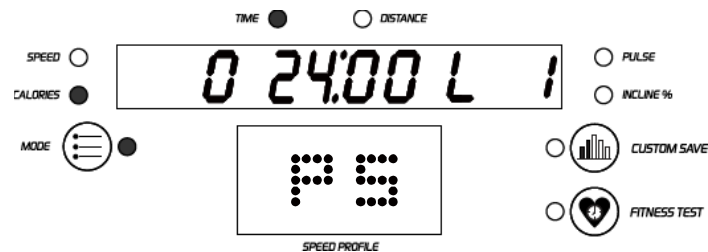
LEVEL	MIN. LEVEL	MAX. LEVEL
1	0	4
2	1	5
3	2	6
4	3	7
5	4	8
6	5	9
7	6	10
8	7	11
9	8	12
10	9	13
11	10	14
12	11	15

COMPUTER OPERATION

PROGRAM 5 – INTERVAL SPEED

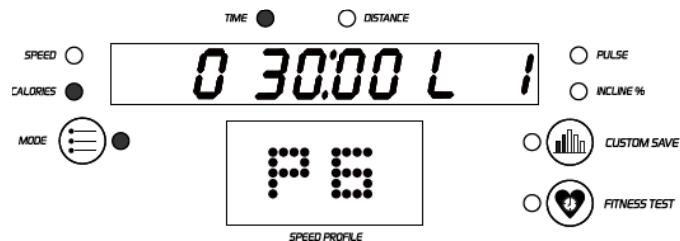
LEVEL	MIN. SPEED (ML)	MAX. SPEED (ML)	LEVEL	MIN. SPEED (KM)	MAX. SPEED (KM)
1	1.8	3.1	1	2.9	5.0
2	2.0	3.4	2	3.2	5.4
3	2.2	3.8	3	3.5	6.1
4	2.4	4.2	4	3.8	6.7
5	2.6	4.6	5	4.2	7.4
6	2.8	5.0	6	4.5	8.0
7	3.0	5.4	7	4.8	8.6
8	3.2	5.8	8	5.1	9.3
9	3.4	6.2	9	5.4	9.9
10	3.6	6.6	10	5.8	10.6
11	3.8	7.0	11	6.1	11.2
12	4.0	7.2	12	6.4	11.5

If P5 is selected, the PULSE/INCLINE LED window shows a blinking “L 1”. Press the SPEED UP/DOWN buttons to select the intensity of workout from L1 to L12 then press the STOP/ENTER button then the TIME LED window shows the factory setting value “24:00”. Press the SPEED UP/DOWN buttons to adjust the workout time. Every adjustable section is 4 minutes. Press the STOP/ENTER button to save the setting then press the START button to start the program. The speed will be changed by the computer following the factory setting pattern. Press the INCLINE UP/DOWN buttons to adjust the incline level.



PROGRAM 6 – WEIGHT LOSS

If P6 is selected, the PULSE/INCLINE LED window shows a blinking “L 1”. Press the SPEED UP/DOWN buttons to select the intensity of workout from L1 to L12 then press the STOP/ENTER button then the TIME LED window shows the factory setting value “30:00”. Press the SPEED UP/DOWN buttons to adjust the workout time. Every adjustable section is 5 minutes. Press the STOP/ENTER button to save the setting then press the START button to start the program. The speed and incline level will be changed by the computer following the factory setting pattern.



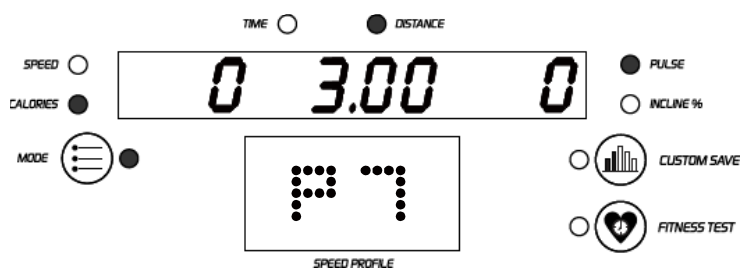
COMPUTER OPERATION

LEVEL	MIN. SPEED KM	MAX. SPEED KM	MIN. GRADE%	MAX. GRADE%
1	2,6	4,5	0	1
2	2,9	4,8	0	2
3	3,2	5,1	1	3
4	3,5	5,4	1	4
5	3,8	5,8	2	5
6	4,2	6,1	2	6
7	4,5	6,4	3	7
8	4,8	6,7	3	8
9	5,1	7,0	3	9
10	5,4	7,4	4	10
11	5,8	7,7	4	11
12	6,1	8,0	4	12

LEVEL	MIN. SPEED ML	MAX. SPEED ML	MIN. GRADE%	MAX. GRADE%
1	1,6	2,9	0	3
2	1,8	3,1	0	4
3	2,0	3,3	1	5
4	2,2	3,5	1	6
5	2,4	3,7	2	7
6	2,6	3,9	2	8
7	2,8	4,1	3	9
8	3,0	4,3	3	10
9	3,2	4,5	3	11
10	3,4	4,7	4	12
11	3,6	4,9	4	13
12	3,8	5,1	4	14

PROGRAM 7 – 5K SELF LEARNING AND COMPETITION

If P7 is selected, the DISTANCE LED window shows “3” miles or “5” km. Press the START button to start the program. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level.



PROGRAM 8 - HEART RATE CONTROL:

If the user selects P8 (P9, P10) and presses ENTER, the display will show a calculated initial Target Heart Rate (based on user age) as shown at the second-to-last page. The user must now set the Target Heart Rate using INCLINE UP/DOWN according to the user's own physical condition and professional trainer or doctor's instruction, and then pressing START to confirm the user-defined setting. After this the user must then enter a Total Workout Time in 3:00 (min.) intervals or accept the default 60:00 (min.). The user may then press START to initiate the program, P8 (P9, P10). Upon beginning the HEART RATE CONTROL program, up to 3 consecutive 3 minute monitoring phases are executed just after the program initiates and the belt begins moving. The user may then press START to initiate the program, P8 (P9, P10).

COMPUTER OPERATION

WARM UP

Phase1 – Speed Adjust

In the first Phase, the user's heart rate will be monitored continuously and at 30 second intervals counting down from 3:00 (min.). If the Threshold Heart Rate (approx. 65% Target Heart Rate) is not met, the speed of the treadmill will be increased at 0.8km/hr / 0.5 mph at a time. The treadmill will continue to increase Speed in this Phase beginning at 3.2 km/h / 2 mph up to the maximum of Level 7.2 km/h 4.5 mph. If the Threshold Heart Rate is met in this Phase then the program skips Phase 3 below and begins directly with HEART RATE CONTROL MODE.

Note: The Speed will not change when the program cannot detect the heart rate.

Phase 2 – Incline Adjust

In the second Phase, the user's heart rate will again be monitored continuously and at 30 second intervals counting down from 3:00 (min.), if the Threshold Heart Rate (approx. 65% Target Heart Rate) is still not met, the incline of the treadmill will be raised at one level at a time. The treadmill will continue to raise during this Phase up to the maximum of Level 5. If the Threshold Heart Rate is met in this Phase, then the program skips Phases 2 and 3 below and begins directly with HEART RATE CONTROL MODE.

Note: The incline level will not change when the program cannot detect the heart rate.

Phase 3 – Extended Monitoring

In the third Phase, there is no further change to Incline or Speed, and the user's heart rate is monitored continuously counting down from 3:00 (min.) at fixed Speed and Incline setting. If during this period the Threshold Heart Rate (approx. 65% Target Heart Rate) is not met then the display will give an indication that the Heart RATE CONTROL Program has failed (shows the word FAIL at the top of the display) and after blinking 10 seconds will return to the POWER ON MODE. If during the extended monitoring period of 3 minutes the Threshold Heart Rate is achieved the program will switch over to HEART RATE CONTROL MODE as described in the next section.

HEART RATE CONTROL MAIN PROGRAM

After the actual pulse rate reaches the minimum target workout heart rate and completes the warm up program, the computer will go into the main program and the time will count down from the pre-set time. During the main program, if the actual pulse rate cannot reach the maximum target workout heart rate, the incline level will be increased by 1% every 15 seconds until the pulse rate reaches the maximum target workout heart rate or the incline level will increase by 15%. After the incline level increases to 15% but still does not reach the maximum target workout heart rate the speed will be increased by 0.5MILE/0.8KM every 15 seconds until the pulse rate reaches the maximum target workout heart rate. If the actual pulse is higher than the maximum target workout heart rate, then the incline will be reduced 1% every 15 seconds until the actual heart rate meets the maximum target workout heart rate or the incline level will lower to 0%. Then the speed will be reduced by 0.5MILE/0.8KM every 15 seconds until the actual pulse meets the maximum target workout heart rate.

COOL DOWN – After completing the HEART RATE CONTROL program and the time counts down to zero start the one-minute cool down program. The incline will return to 0% and the speed will lower to 2MILE/3.2KM as the time counts down from 1:00.

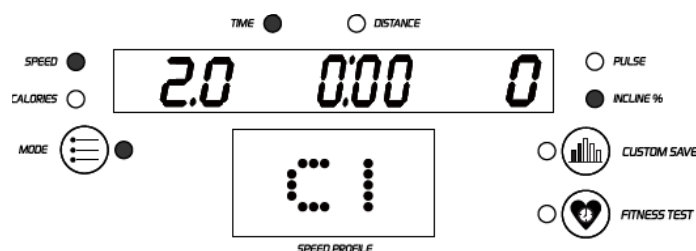
COMPUTER OPERATION

C1 – C3 CUSTOM PROGRAM (USER PROGRAM)

The program can allow 3 custom programs to be set by users and store the settings for repeated workouts. The maximum workout time of each user program is 60 minutes. During the workout after the TIME counts up to 60:00, the treadmill will start a one-minute cool down procedure automatically. To set and store the user programs, please follow the procedure below:

SET AND SAVE THE USER PROGRAM

Select between C1 to C3 and press the STOP/ENTER button to enter the user program then press the START button. Speed starts at 3.2 km/h / 2.0 mph and the incline level starts at level 0. Each section of SPEED/INCLINE is one minute. Press the SPEED UP/DOWN buttons to change the speed and press the INCLINE UP/DOWN buttons to change the incline during the workout. The computer will take the actual speed and incline level at the last second of each minute section and temporary save as the speed and incline level of that minute section. Continue the workout until you want to stop. Press the STOP/ENTER button to enter the one-minute cool down session. The computer will automatically enter the save program status after the one-minute cool down session. If you want to skip the cool down procedure, press the STOP/ENTER button to enter the save program status.



When the computer is in save program status, the “CUSTOM SAVE” button will blink slowly. Press the button to save this program or press the STOP/ENTER button to delete the program and return to POWER ON status.

EDIT PREVIOUS SAVED PROGRAM

Edit the Speed and Incline without extending the previously saved workout time:

Simply press the SPEED UP/DOWN and INCLINE UP/DOWN buttons to change the speed and incline level during the workout then follow the SET AND SAVE procedure after completing the workout.

Extend the workout time from the previously saved program:

If you want to extend the total workout time from the previously saved program press the START button anytime during the workout. The LED of the CUSTOM SAVE button will light up and blink for 10 seconds then stay lit up. After completing the previously saved program the treadmill will start a one-minute cool down session. Press the START button again during the cool down session and the treadmill will skip the cool down procedure and continue running at a speed of 3.2 km/h / 2.0 mph and incline of level 0. Press the SPEED UP/DOWN and INCLINE UP/DOWN buttons for every minute section then follow the SET AND SAVE procedure after completing the workout.

If you already press the START button once during the workout and intend to extend the workout time but decide not to extend the workout time, press the START button again to switch off the LED light of CUSTOM SAVE button. Or wait till the previous saved program complete and complete the cool down procedure then follow the SET AND SAVE procedure.

COMPUTER OPERATION

FITNESS-TEST

The Fitness-Test function is designed to let the user test their physical condition during a workout. The fitness rating is determined by measuring how quickly the user's pulse slows down after a workout. The faster the pulse slows down, the better the user's physical condition. Users can record their fitness rating to use for reference and to monitor improvement. To start the Fitness-Test, press the "Fitness-Test" button toward the end of a workout (while your pulse is still under workout load). The treadmill will enter the PAUSE/STOP status. Put both hands on the hand pulse sensors within 10 seconds (for models equipped with a chest belt pulse transmitter, keep the chest belt on, no need to hold the hand pulse). The pulse receiver will scan and detect the user's pulse in 10 seconds and enter the Fitness-Test function. TIME counts down from 01:00 to 00:00. After the count-down the SPEED window will show the Fitness rating (1.0-6.0). The lower the number the better your fitness. Record the rating for future comparison. After completion of the Fitness-Test (1 minute) the training can be resumed by pressing the START button.

When the SPEED window shows above 6, the Time windows will show OUTSTANDING.

When the SPEED window shows between 4 to 5.9, the Time windows will show POOR.

When the SPEED window shows between 3 to 3.9, the Time windows will show FAIR.

When the SPEED window shows between 2 to 2.9, the Time windows will show GOOD.

When the SPEED window shows below 2, the Time windows will show EXCELLENT.

When the SPEED window shows below 1 or minus, the Time windows will show F1.0.

During the Fitness-Test, if you want to stop the function and stop workout, press the STOP/ENTER button and return to POWER ON status.

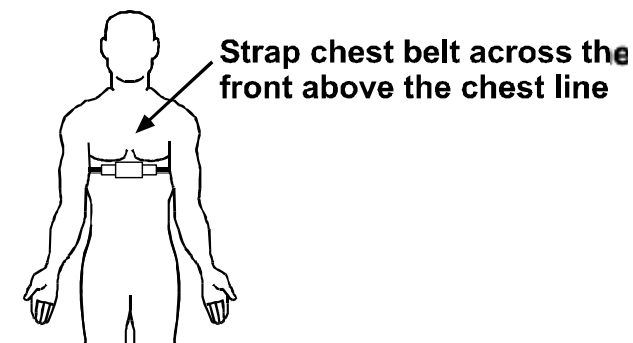
During the Fitness-Test, if you want to continue the previous program, press the START button to continue the previous program.

After pressing the Fitness-Test button, if the pulse receiver fails to scan and receive the user's pulse the computer will stay at PAUSE/STOP status. Press the STOP/ENTER button to return to POWER ON status or press the START button to continue the previous program.

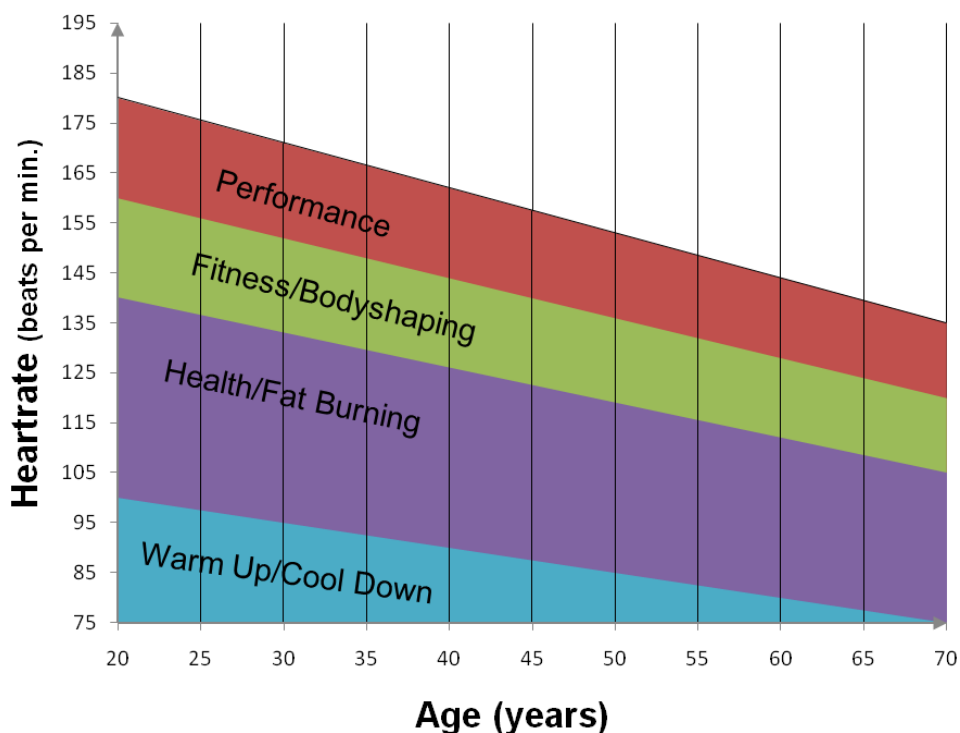
The Fitness-Test cannot be activated while in the COOL DOWN

USING THE CHEST BELT HEART RATE MONITOR:

For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.



COMPUTER OPERATION

Heart Rate diagram

You can calculate the target-heartrate for your training as follows:

Maximum heartrate = 220 minus age

For the different training targets you should train with the following percentage of your maximum heartrate:

Health/Fat Burning:	50 – 70% of your max. heartrate
Fitness/Bodyshaping:	70 – 80% of your max. heartrate
Performance:	80 - 90% of your max. heartrate

Example:

You are 25 years old and want to train for the target Fitness:

$$\begin{aligned}
 220 - 25 &= 195 \\
 70\% \text{ of } 195 &= 136.5 \\
 80\% \text{ of } 195 &= 156
 \end{aligned}$$

Your target-heartrate should be between 136.5 and 156 beats per minute.



This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.

